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U.S. heart group teams up with Wii

HEALTH Talk about strange bedfellows. The American Heart Association and Nintendo Co. are teaming up to promote the Wii video game console, as the health advocacy group concedes its campaign for traditional exercise isn't working.

The surprising partnership, announced yesterday, comes amid growing concern about obesity among kids who spend much of their time watching television and playing video games.

Nintendo will be able to brand its Wii products with the AHA's iconic heart logo.

THE ASSOCIATED PRESS

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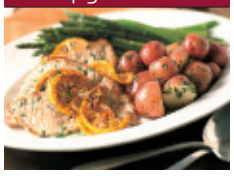
Food pg 26



Tangy and flavourful

On the web
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TV

CHARLES SYKES/THE ASSOCIATED PRESS

Actors from the hit TV show Modern Family, Ed O'Neill and Sofia Vergara, cosy up to Sesame Street's Elmo in New York yesterday before the 69th annual George Foster Peabody Awards for excellence in radio and television broadcasting.

Have a quickie

Toronto, Montreal encourage a little travel cheating

Residents of Toronto and Montreal are being encouraged to cheat on their cities this summer, or at least flirt with their rival — and tourism officials are having a little fun with a poll that plays up the affair.

"Because of the long-standing rivalry between Toronto and Montreal, residents often think they're 'betraying' their city if they admit to liking the other," said Andrew Weir from Tourism Toronto.

"The survey found what we've suspected all along — Torontonians cheat with their mistress Montreal all the time, even if they don't tell people about it. But we want residents to know — it's OK to kiss and tell!"

The feeling is mutual, although Montrealers are a little more discreet, said Tanya Churchmuch of Tourisme Montreal.

"Even I say it's OK to cheat with Toronto. In fact, I'm hoping to have a quickie weekend this summer and catch a Jays game and a little shopping," she said.

THE CANADIAN PRESS

Culture and sports

The survey found:

- 20 per cent of Torontonians say culture is the main reason they go to Montreal compared with 16 per cent of Montrealers, who use that as a reason for visiting Toronto.
- 16 per cent of Montrealers compared with 11 per cent of Torontonians say the other city does sports better than their own.

Delinquent drivers owe 'heck of a lot of money'

FINES Drivers owe Ontario municipalities more than $1 billion in outstanding traffic tickets.

The Ontario Association of Police Service Boards (OAPSB) is asking the provincial government for help to collect unpaid traffic tickets, which it complains have grown to exceed $1 billion.

Attorney General Chris Bentley says the government introduced changes last fall that gave municipalities more power to collect fines for speeding and other traffic offences.

He calls the unpaid fines "a heck of a lot of money," and says the outstanding sum must be collected, both for the revenue and to show traffic laws are being enforced.

Bentley says the province is willing to listen if the police boards think they need more powers to go after speeding motorists from the U.S. who simply ignore tickets they get in Ontario.

Surprisingly, there is no simple mechanism to make people pay their speeding fines — especially those living out of the province, said OAPSB president Alok Mukherjee. You can't get arrested for getting a slew of speeding tickets, he added.

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Local

Zoo staff to vote on new offer

Workers at the Toronto Zoo who rejected a contract proposal last week were to vote on another one last night. CUPE Local 1600 president Grant Ankerman said he's "quite pleased" with the deal and the union would recommend it to the membership. He would not provide details of the new agreement, which would cover about 300 full-time and seasonal workers, or say what the major issues were. THE CANADIAN PRESS

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Gang link probed in teen's death

15-year-old boy shot in the face after answering apartment door at 2 a.m.

Police are investigating a possible gang connection in the shooting death of a 15-year-old boy yesterday morning.

The teen was shot in the face around 2 a.m. after he answered the door of an apartment above DJ Records and Clothing at 2508 Eglinton Ave. W. near Keele Street.

He was taken to Sunnybrook hospital, where he was pronounced dead, EMS officials said. He would have been 16 on July 17.

It was Toronto's 16th homicide of the year.

Sought by police?

- Area shopkeepers said they believe a picture police officers were showing in the area when they were canvassing two weeks ago may have been the 15-year-old victim's photo. That incident stemmed from a police foot chase along Eglinton Avenue West.

Police declined to release the victim's name or whether he lived in the apartment where the shooting occurred, but residents of the building said it happened in a unit where his girlfriend lived.

Three distraught teenage girls who were at the scene yesterday afternoon said the victim had been visiting them for a sleepover when the shooting happened. Friends identified the teen as Devante Beard.

An autopsy was scheduled for today.

Investigators confirmed the victim was known to police and had a minor record. They're looking into a possible connection to Project Corral, a city-wide sweep of suspected gang members earlier this month.

Several alleged members of the Five Point Generals were arrested in that operation and face a variety of drug, gun and conspiracy-related charges.

When asked if the slaying was gang related, homicide Det. Sgt. John Biggerstaff said: "I won't speculate on what, if any, potential gang association this particular murder might have.

"I've looked at the possibility that there may be some relationship between the arrests that were made (during Project Corral) and at this time I have no confirmation that this is in any way related."

Biggerstaff said he had interviewed the victim's parents and described them as "decent, hard-working, intelligent people."

Police said they had no suspects or motive.

TORSTAR NEWS SERVICE

Top magician is no disappearing act

PICKERING Don't ask Neil Croswell to saw your wife in half.

He's working on it, but he's not there yet.

To be accurate, the 19-year-old magician is working on skewering people with spikes through a box as part of the "big show" he's putting together for the next chapter in his professional life.

And don't think he won't pull it off. The Pickering resident recently became the youngest person to win first place in the stage competition at the Canadian Association of Magicians' annual convention in Kitchener. Considered to be Canada's "championships of magic," the competition was judged by 200 peers from around the world.

"If you can fool other magicians, you know it will be good in the real world," Croswell says. His winning act was a seven-minute series of stunts in which 11 doves, some shot out of spray-paint cans, appeared and disappeared.

"A lot of bird acts are old school, with classical music and the magician in a tux," says Croswell. "Mine is very modern. I have a street theme, with hip-hop music and a garbage can covered in graffiti."

No birds are harmed in the act. "It's all safe stuff. I love animals," says Croswell, whose pets include a cockatoo — but no rabbit.

Stunts for the big illusion show he's developing in the style of David Copperfield and Criss Angel may include balancing someone on a microphone stand and bringing spray-painted pictures of people to life. "They're all possible," says Croswell, who wants to take the show on the road or get a gig on a cruise ship.

TORSTAR NEWS SERVICE

Neil Croswell

More university funding needed to secure economic future: Report

EDUCATION Post-secondary institutions are carrying the hopes of governments to secure the country's economic future — but they will need increased financial help to be successful, says a TD Economics report released yesterday.

Despite a forecasted drop in the number of young adults in the population, universities and colleges will still see hikes in enrolment because of increasing demand, said TD chief economist Don Drummond.

The report estimates provincial governments across Canada need to kick in $400 million more this year alone, and up to $2.7 billion by 2016.

Funding for post-secondary institutions dropped 20 per cent in the 1990s from the 1980 level, said Drummond, adding by 2006 it had improved to 16 per cent.

"We're laying a lot of the successes we are hoping for ... on the shoulders of post-secondary institutions."
Don Drummond, TD Economics

But with the Ontario government looking to boost post-secondary attendance to 70 per cent from 62, Drummond said "we're laying a lot of the successes we are hoping for — for economic reasons and for society — on the shoulders of post-secondary institutions."

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Man arrested for indecent act in Markham

York regional police say tips from the public helped them identify a suspect in an incident that occurred last month in Markham. Police say a man committed an indecent act in front of a woman after she got off a TTC bus in Markham April 4. Charlie Wong, 63, of Markham is charged. METRO NEWS SERVICES

Young leaders Go Local

HEATHER BUCHAN
for Metro Toronto

The energy in the OISE auditorium yesterday was electric as Marc Kielburger, co-founder of Free the Children, took to the stage in front of 300 students from high schools and middle schools across Toronto.

These young people gathered for a conference for the program Kielburger and his brother Craig started last year with the financial support of The Ron White Foundation and RCB, called Go Local.

The goal of the program: To create safer, stronger communities throughout Toronto by inspiring the youngest residents to take on leadership roles that create positive change in their communities.

"We're so proud and so honoured to have you part of this movement," Marc Kielburger told the crowd. "Today, we're going to take your training to the next level."

Since September, students at 21 schools in under-served neighbourhoods (20 in Toronto and one in Vancouver) have received leadership training from Free the Children representatives to equip them to tackle issues in their communities they are passionate about, such as gang violence, poverty and drug abuse.

Nick Rossing, a Grade 10 student at Sir Wilfred Laurier Collegiate Institute, attended Go Local workshops last September and subsequently headed up the program at his school.

"We're focusing on aboriginal homelessness in our community, and we've held a few events to raise money for the First Nations Centre of Toronto," he said.

Lenora Boci, who led her school's Go Local initiative addressing discrimination in the student population, also found personal rewards.

"I was really shy, and it helped me break those barriers," said the Grade 11 student at Vaughan Road Academy.

The program is expected to triple in size by next year.

"Our goal is to make this a truly domestic program in the next couple of years," said Marc Kielburger. "We're just blown away by what these students have done. They have these really compelling stories and in many cases, they've never been told before that they can be a leader, that they can make a difference. And they now realize that they can."

HEATHER BUCHAN/FOR METRO TORONTO

Nick Rossing and Lenora Boci both led the Go Local initiatives at their Toronto high schools this year.

For more information, visit freethechildren.com.

Anarchist group hints at protest plans for summit

G20 It will be militant. It will be confrontational. And things may be smashed.

In a rally cry that has made its way onto numerous anti-capitalist websites, a group of Ontario anarchists is dropping clues of its plans to disrupt the G20 summit.

The Southern Ontario Anarchist Resistance (SOAR) plans to take part in the June 26 People First march — a popular public rally at London's G20 summit in 2009 — before continuing to the security fence.

"This action will be militant and confrontational, seeking to humiliate the security apparatus and make Toronto's elites regret letting the dang G20 in here," said the message, which first made rounds early last week.

The message promotes protest events, including a roaming street party, and implores its members to support a variety of tactics

"Respect for diversity of tactics also means not smashing things while we're part of the labour child-friendly march."
SOAR website posting

"Respect for diversity of tactics also means not smashing things while we're part of the labour child-friendly march, and remembering that although we might think certain tactics are pointless/annoying, we should not needlessly antagonize those people," the posting reads.

It is unclear how large the group's membership is.

TORSTAR NEWS SERVICE

Liberals trying to smear ombudsman, opposition critics allege

POLITICS The Ontario Liberals are mounting a smear campaign against outspoken ombudsman Andre Marin in order to sabotage his chances of keeping the post, opposition critics charged yesterday.

While the government flatly denied the claim, New Democrat Peter Kormos pointed to media reports of Liberal insiders questioning Marin's expenses as proof there's a plan afoot to rid the government of one of its most vocal critics.

Kormos

"It's very disturbing because the campaign being conducted, the comments — the slanderous, the malicious, the scurrilous comments being made about Mr. Marin — all with Liberal sources, appears to be an effort on the part of the government to derail Mr. Marin's bid to be reappointed," Kormos said.

The government is also sabotaging the hiring process by disclosing information about an all-party panel tasked with selecting the ombudsman, Kormos said.

Government house leader Monique Smith confirmed over the weekend that the panel reached an impasse and couldn't agree on who should get the job.

The competition may not have attracted enough qualified candidates because it appears that the job wasn't advertised very long, she said. So she's asked Speaker Steve Peters to form a new panel and post the position more broadly.

Smith's concern about the ads is puzzling when the government has admitted that about 50 people applied for the job, Kormos said. THE CANADIAN PRESS

TD tower gets $110M facelift

INVESTMENT Cadillac Fairview Corp. announced the launch yesterday of a $110-million revitalization investment in the company's iconic Toronto-Dominion Centre complex in downtown Toronto.

A major aspect of the project will be the replacement of all 5,676 single-pane glass windows in the 46-storey tower at 77 King St. West.

They will be replaced with thermal double panes and a roller shade system.

"The new windows and shades will enhance energy efficiency by keeping the building better insulated and will be tinted bronze to ensure consistency with the original architectural design," the company said in a release.

The 46-storey tower at 77 King West is one of five in the Toronto-Dominion Centre complex in the heart of the financial district. THE CANADIAN PRESS

News in brief

HEALTH Two Toronto hospital-based foot care clinics are on the chopping block. The University Health Network and North York General are planning to soon shut down their chiropody services. Increasingly, hospitals facing budget challenges are axing what are deemed to be "non-core" services with the expectation they will be picked up in the community.

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OK received to move on sale, says Canwest

Canwest Global Communications says it has received court approval to move forward with the sale of its publishing division, which includes the National Post. THE CANADIAN PRESS

Heart condition forces TFC defender to retire

Team screening led to diagnosis for teen

Zach Herold's soccer dream is dead. But thanks to a pre-season medical, the 17-year-old Toronto FC defender still has his whole life ahead of him.

The young American has been forced to retire after being diagnosed with hypertrophic cardiomyopathy (HCM), which causes abnormal thickening of part of the heart muscle.

Zach Herold

Strenuous exercise for HCM sufferers can trigger a potentially fatal irregular heart rhythm, or arrhythmia.

The heart condition has been linked to the deaths of such athletes as Windsor Spitfires captain Mickey Renaud, Russian hockey player Alexei Cherepanov and Cameroon soccer star Marc-Vivien Foe.

"Announcing my retirement from soccer at this age is something I never, ever thought would happen to me," Herold said in a statement yesterday.

"This news was very hard to take but I know it's the best decision for me and my health," he added.

Cardiac test

- In 2006, FIFA instituted a cardiac screening program. MLS followed suit two years later, with Zach Herold the second player to test for HCM.

Herold, who turns 18 June 7, will be honoured in a ceremonial coin toss in Toronto before Saturday's MLS game against the New England Revolution.

Dr. Christine Lawless, head of cardiology for Major League Soccer, says HCM is found in about one in 500 people.

"We do not want you (someone with the condition) to do any exercise in professional athletics because it puts a risk to your life, basically."
Ira Smith, TFC team doctor
on condition

Herold did not show any major symptoms or have a family history of HCM. But an abnormality on a pre-season electrocardiogram (EKG or ECG) raised a red flag.

Herold was drafted in the second round, 24th overall, in the January MLS draft in Philadelphia. He had risen through the ranks of U.S. junior teams, and was with the American under-20 team at the Copa Chivas in Mexico in January.

But the six-foot 165-pounder from Port St. Lucie, Fla., never got to play in a Toronto uniform. Herold underwent a medical the day he arrived at BMO Field and the results concerned team doctor Ira Smith. More tests followed, both in Canada and the U.S.

Smith says Herold's condition should not impact his daily life, although he will face exercise restrictions "indefinitely."

"We do not want you to do any exercise in professional athletics because it puts a risk to your life, basically."

Lawless said Herold had been devastated by the medical news. But she said his attitude towards the future was positive.

"He has some very interesting ideas on what he'd like to do with his future." THE CANADIAN PRESS

Judge urges Mississauga to pay legal bills for mayor's son

INQUIRY It appears Peter McCallion will be able to get the city his mother leads to fully cover his legal bills in a judicial inquiry into a land deal that involved him.

Justice Douglas Cunningham said yesterday that a review of Peter McCallion's finances, including a private cross-examination of his affidavit by inquiry lawyers has revealed he doesn't have the cash flow to retain a lawyer.

"I am persuaded he requires the funding," Cunningham said, adding that McCallion is central to the inquiry examining a controversial deal for land near Mississauga City Hall.

2.5 million dollars was the original estimate for the cost of the inquiry, which is now expected to go over budget.

McCallion appealed for more funding after Mississauga council voted to cap reimbursement for his legal fees at $100,000.

The judge said the matters to be discussed relate to a complicated business relationship involving McCallion's reputation and business interests. He said having unrepresented parties to the inquiry could lead to excessive delays and cost overruns.

Commission lawyer Will McDowell said he hoped city council would approve Cunningham's recommendation. "I'm afraid of the inquiry being derailed," he told councillors.

The inquiry is looking into the conduct of city business in a failed sale agreement for a $14.4-million, 3.5-hectare parcel of land owned by the OMERS pension fund, which involved Peter McCallion and a company called World Class Developments. TORSTAR NEWS SERVICE

22-year-old faces impaired driving charges

OSHAWA A man from Clarington faces charges after a single-vehicle accident sent a passenger in his car to hospital in serious condition.

A 23-year-old man was airlifted to a Toronto hospital with serious but non-life-threatening injuries after a car hit a tree early Sunday in Oshawa.

Police say the driver and two other passengers, all in their early 20s, were also treated for minor injuries.

Darryl Cormier, 22, is charged with impaired driving causing bodily harm, driving while under suspension and using unauthorized plates. THE CANADIAN PRESS

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Politicians sued for allegedly trespassing on farm
A land development consortium is suing Markham councillors Erin Shapero and Valerie Burke for using its $100-million farm as a "political backdrop" for a proposal to permanently freeze development on prime food lands to the north. "The defendants deliberately trespassed knowing they did not have permission," says a statement of claim. TORSTAR NEWS SERVICE

T.O. residents charged in N.S. fraud case

CRIME Four Toronto residents are facing a total of 58 fraud-related charges involving the use of stolen credit cards and other personal information in Nova Scotia.

Halifax Regional Police say the four were arrested Saturday following the theft of an expensive watch from an area mall.

Henry Oware, 47, Eric Kusi, 45, Nazrene Khan, 23, and Colwin Boston, 22, appeared in Dartmouth provincial court yesterday.

Kusi is also charged in the theft of the watch.

Police say the stolen credit cards and other information were used to purchase a large number of gift cards.

THE CANADIAN PRESS

Slimmed-down Transit City plan expected to be approved

METROLINX The trimmed-down version of Transit City is on track for approval this week by the Metrolinx board of directors, despite repeated criticism of the plan's longer construction timelines by Toronto Mayor David Miller.

Metrolinx CEO Rob Prichard told the Toronto Board of Trade yesterday that his agency is poised to order custom tunnel-boring machines for the underground section of the Eglinton line and the streetcars for Sheppard.

The Metrolinx board is expected to approve the new timelines on regional transit projects that were recommended after the province cut $4 billion in its disbursements over the first five years of construction.

Prichard made an impassioned case for accepting a slower phase-in on the projects, as opposed to further delay in getting started. The plan urges spending $8.15 billion on light rail transit along Sheppard, Eglinton and Finch, and rebuilding the Scarborough Rapid Transit line, plus $1.35 billion to build bus express lanes in York Region.

The plan calls for the first phase of Toronto's four approved LRT lines to be built over 10 years, rather than eight as originally envisioned. It also delays the construction of about 23 kilometres and 25 stops until Metrolinx releases an Investment Strategy by June 2013 that would deliver revenue needed to build those sections. TORSTAR NEWS SERVICE

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TESS KALINOWSKI/TORSTAR NEWS SERVICE

From left, Rose Signorile, Don Panos, Coun. Cesar Pallacio and Jeff Daigle of the St. Clair Gardens BIA want the TTC to move its equipment and heavy machinery off the streetcar right-of-way west of Caledonia road. They feel it is impeding the view of their businesses, which have already suffered massive losses after five years of construction.

'People cannot see us'

Work clutter on St. Clair is hurting business: Merchants

When the dust cleared in front of their little shops and restaurants, the business owners on St. Clair Avenue west of Caledonia Road heaved a sigh of relief.

Merchants figured their businesses would finally enjoy a revival this year, after more than five years of watching customers bypass their construction-locked neighbourhood as the TTC built its controversial St. Clair streetcar right-of-way.

But that's not happening, and the St. Clair Gardens Business Improvement Area (BIA) now is accusing the TTC of killing what's left of its enterprises by treating the neighbourhood as a work yard.

> **"It looks like we're still under construction, and we're paying taxes."**
> Rose Signorile, merchant

The right-of-way, still not in use as a streetcar path, is cluttered with trailers, heavy equipment, trucks and lines of private vehicles owned by construction workers who are installing a turnaround loop to the west at Gunns Road.

"People cannot see us. It looks like we're still under construction, and we're paying taxes," said Rose Signorile, who runs Quality Paint & Wallpaper Supplies with her son.

Business is down about 70 per cent from what it used to be, she said.

TTC spokesman Brad Ross said the trailers parked near Signorile's shop will be gone by the end of the week and the streetcars will finally be running west of Lansdowne Avenue, where buses currently take over transit service, on that section of St. Clair by July 5.

TORSTAR NEWS SERVICE

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Feds shelve cleanup testing plan

Ottawa has dropped plans to test its cleanup methods for Arctic oil spills by dumping up to 1,200 litres of crude into northern waters. The reversal came within hours of protests by Inuit groups over the plan. THE CANADIAN PRESS

Canada

Bank tax unfair to Canada: PM

Stephen Harper says a proposed international bank tax would unfairly penalize Canadian banks. The prime minister says Canada's banks didn't have to be bailed out during the global financial crisis and shouldn't be saddled with the proposed levy. Harper says you can't tax an economy back into prosperity. He says he will push the G20 to adopt a more sustainable system of financial regulation as a corrective to the economic meltdown. THE CANADIAN PRESS

Church and state

Minister calls cardinal's remark 'unacceptable'

The Harper government distanced itself yesterday from anti-abortion remarks by one of Canada's most prominent religious leaders that have caused an uproar.

Intergovernmental Affairs Minister Josee Verner described the comments by Marc Ouellet — a Catholic cardinal once touted as a possible candidate for the papacy — as "unacceptable."

The controversy was triggered when the Quebec City cardinal called abortion a moral crime in every case, even in the case of rape victims.

Josee Verner

Marc Ouellet

The comments from Ouellet come with the abortion issue, long dormant in national politics, suddenly heating up again.

Over the weekend, Ouellet applauded the Harper government for its stance against funding abortions in the developing world.

But Verner moved yesterday to distance her government from the remarks.

> **"The government did not put forward the agenda for maternal and child health to go get congratulations from the cardinal."**
> Josee Verner, cabinet minister

"The government did not put forward the agenda for maternal and child health (at the G8) to go get congratulations from the cardinal," Verner said in an interview.

"I don't want to be disrespectful towards him, but this wasn't our objective."

Verner described herself as pro-choice, and she offered a very curt assessment of Ouellet's weekend remarks: "It's unacceptable."

A spokesman for the Archdiocese of Quebec City says Ouellet was simply stating Church doctrine when a reporter asked him about rape and abortion.

On the weekend, Ouellet was speaking to an audience of about 200 people when he applauded the Harper government's G8 move and added, with respect to rape: "Why should we push a woman who has been the victim of a crime to commit one of her own?"

He later said: "I understand very well that a woman who's been raped is dealing with trauma and that she needs to be helped. But she needs to do so with respect for the being that is in her womb. It is not responsible for what happened. It's the rapist who is responsible. But there's already a victim. Do we we need to have another one?"

He said taking a human life "is always a moral crime" and, he added, a fetus is a human life.

THE CANADIAN PRESS

Ottawa **The kids are all right**

ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper speaks to youth at the G8/G20 National Youth Caucus yesterday in Ottawa. Some youths who participated in the question-and-answer session later said the event was scripted by the Prime Minister's Office. The youths, who did not want to be named, said the questions were selected by Global Vision, and then edited by Harper's office, a claim the PMO denied.

Year in jail for attack on soccer dad

EDMONTON For 15 years, since kindergarten, Manpreet Grewal had been teased and taunted about his turban. He kept his anger quiet, kept it inside. Tell the teachers and it would just get worse.

But at age 18, when angry soccer parent Dean Smith got in his face, threatened to grab his religious headgear and "shove it up his ass," he snapped. He and four teammates swarmed Smith and repeatedly kicked him in the head so violently his face fractured in five places.

Yesterday, Grewal, 20, was sentenced to a year in jail for aggravated assault.

"The victim's comments brought back memories of (Grewal's) previous experience with prejudice," said Justice Brian Burrows, who read from a pre-sentence report on Grewal.

Burrows said the attack was so vicious that jail was warranted. But he also suggested that the 45-year-old Smith had a part to play.

"He said a taunting thing that was far beyond foolish. It was contemptible."

Grewal said yesterday he was sorry and took responsibility, but Smith said: "A true apology would be somebody looking you in the eyes when they apologize, would it not?"

THE CANADIAN PRESS

The incident

- Court heard that after a hotly contested soccer game between two Edmonton teams in June 2008, racial and homophobic slurs were hurled by both sides, which culminated in the attack on Dean Smith by Manpreet Grewal and four of his teammates.

Forest deal reached?

DEAL An agreement to be made public today — which sources say involves protection of some of the most sensitive parts of Canada's boreal forest — involves 21 of Canada's biggest logging companies and nine environmental organizations that in the past have been among the most critical of Canadian forestry practices.

THE CANADIAN PRESS

News in brief

ANIMAL CRUELTY Three years after a brutal Christmas Day attack on a cat, a man in B.C. has pleaded guilty to animal cruelty and has been sentenced to 30 days in jail. The B.C. SPCA says David Wayne Canaday was visiting friends on Vancouver Island in 2006 and attacked Goober the cat while the family was out. The crime scene indicated the cat was chased and beaten in a violent struggle.

ECONOMIC TIES Canada's westernmost provinces have opened a new trade office in Shanghai in an effort to bolster economic ties in China. The premiers of Alberta, British Columbia and Saskatchewan say the office will help promote Western Canadian industries, including green technology, natural resources and agriculture.

THE CANADIAN PRESS

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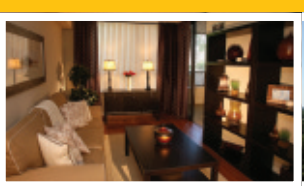
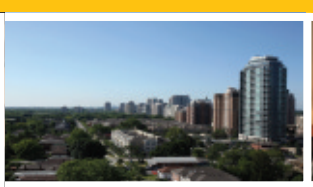

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Man charged in 15-year-old murder
A man charged in the slayings of a New Brunswick woman and her young son 15 years ago will return to court next month. Raymond Joseph White made a brief court appearance yesterday in Moncton provincial court before the matter was adjourned until June 7. THE CANADIAN PRESS

Oilsands riskier than Gulf for investing, report finds

GROWTH The long-term growth of Alberta's oilsands is in jeopardy unless the industry does a better job managing environmental and social risks, a well-known U.S. risk management firm said yesterday.

Among other things, the report authored by RiskMetrics Group cites toughening environmental regulations, opposition from aboriginal groups and high consumption of water and natural gas as factors that could affect the bottom lines of oilsands producers.

"Companies must be willing to invest upfront to address these challenges when designing new projects, while recognizing that cost-effective solutions in many instances do not yet exist," said the report, which was commissioned by Ceres, a coalition of investors and environmental groups.

"This quandary leaves oilsands producers exposed to growing risks and a shrinking window of opportunity that may close over time."

The report comes as the world's attention remains fixed on the aftermath of an oil rig explosion in the Gulf of Mexico.

THE CANADIAN PRESS

News in brief

SKYDIVE The latest of several attempts by a French adventurer to set a free-fall skydiving record from a helium balloon over western Saskatchewan has been scuttled again due to technical problems. Michel Fournier had planned to jump from a balloon at 40,000 metres altitude. There will be another attempt in August.

WILDFIRE Rural residents driven from their homes by a brush fire in Alberta were told yesterday that they could return after crews managed to put a break around most of the blaze. But the Opal fire north of Edmonton was still not under control and the situation remained unpredictable, said Westlock County spokeswoman Peggy Hardinge.

THE CANADIAN PRESS

Housing market cools

Canada's hot housing market is showing signs of cooling slightly.

Home sales slid 2.6 per cent last month on a seasonally-adjusted basis, down 6.8 per cent from the peak recorded in December, the Canadian Real Estate Association reported yesterday.

Meanwhile, the number of listings by owners who want to sell their house rose by 99,901, slightly surpassing the previous high for April set in 2008.

Although the average activity dropped, CREA president Georges Pahud said some of the country's major markets remain robust.

But economist Douglas Porter of BMO Capital Markets said a trend has been established and activity will only diminish further going forward.

House sales are now 20 per cent higher than they were a year ago when the country was still in the midst of a recession — a strong number but a significant slowdown from late last year when sales were actually 70 per cent higher than a year earlier. By June, Porter said, sales may be no higher on a year-to-year basis.

Prices were also growing at only at a moderate pace, moving 12.2 per cent higher than last April, the mildest year-over-year gain since last summer.

"Canada's housing market has gone from full gallop to stately canter and is poised to slow to a leisurely trot in the months ahead," he said.

Higher inventory levels, higher rates, tighter mortgage rules and the onset of the new harmonized sales tax in two of the country's busiest markets — Ontario and British Columbia — are expected to rein in activity further.

The real estate association said sales could be skewed on the up side in the next couple of months if prospective buyers move up their decision to try to beat the new tax, which goes into effect in July.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

A real estate agent puts up a sold sign in front of a house in Toronto. Canada's hot housing market is showing signs of cooling slightly. The Canadian Real Estate Association says the seasonally adjusted number of home sales through its members slid 2.6 per cent last month.

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Manitoba to fund fertility treatment

The Manitoba government will soon help pay for fertility treatments for women who have difficulty getting pregnant. Health Minister Theresa Oswald says a 40 per cent refundable tax credit will be available starting Oct. 1. THE CANADIAN PRESS

Expense scandal grows in N.S.

Province's auditor general confirms police involved ahead of second report

Nova Scotia's auditor general confirmed yesterday that he spoke to police while conducting a second, more-sweeping forensic investigation into the expenses claimed by members of the province's legislature.

Jacques Lapointe will release his long-awaited followup today into a scandal that has touched all three parties in the house.

In an interview yesterday, he said the forensic audit will include an examination of possible illegal activities, but wouldn't elaborate.

"It involves an investigation into possible illegalities so naturally, as a matter of course, I would talk to police, talk to legal counsel," he said.

"That much I did and that much I can confirm."

Lapointe's first audit, released February and which examined only a three-year period from 2006 to 2009, revealed questionable purchases under constituency expenses such as big-screen TVs, an espresso machine and even a video game.

ANDREW VAUGHAN/THE CANADIAN PRESS

Nova Scotia auditor general Jacques Lapointe leaves an April 22 news conference after releasing his spring report to the legislature in Halifax. A second report into MLA spending is expected today. Lapointe confirmed yesterday that he has spoken to police.

It set off a firestorm of public criticism of several members of the legislature.

Lapointe's latest audit is a more specific examination of a select group of legislators.

He said he launched the new investigation after receiving new information.

"It was a number of different sources — people who got in touch with us and forwarded us information," Lapointe said.

The auditor has never confirmed who was being investigated and said it's possible he may not release names today.

Premier Darrell Dexter has said he will release names if Lapointe provides them in his report.

Two politicians have quit since Lapointe's first probe. THE CANADIAN PRESS

Dornier to build planes in Quebec instead of North Bay

JOBS Dornier Seaplane Co. is splashing down in Quebec after confirming its long-awaited decision yesterday to assemble its luxury Seastar amphibious plane in St-Jean-sur-Richelieu, instead of North Bay.

The plane manufacturing program is expected to create more than 500 jobs over five years, including 250 direct positions, 200 jobs among suppliers and 75 at jet engine maker Pratt & Whitney.

Pratt & Whitney, a unit of industrial giant United Technologies Corp., has a major plant in the Montreal area.

U.S.-based Dornier said yesterday the company will immediately begin hiring senior production employees.

Company chairman Conrado Dornier said he was happy that Quebec will be the new home to continue Dornier's century-long aviation history.

"We plan to be in Canada a long time as responsible citizens and this site is a natural fit for building the most advanced amphibious seaplane," he stated in a news release. THE CANADIAN PRESS

News in brief

SUDBURY Vale Inco and the Steelworkers union have been ordered back to the bargaining table, with the help of a provincial conciliator. Yesterday's order from the Ontario Labour Relations Board follows a Friday hearing. More than 3,000 Steelworkers in Sudbury and Port Colborne, Ont., have been on strike since last July 13 in a dispute over pensions, the nickel price bonus and transfer rights.

OTTAWA A 16-year-old cyclist as killed in west-end Ottawa in a collision with a motorcycle. Paramedics say the youth was found unconscious at the scene Sunday night and pronounced dead at hospital. Police say the man driving the motorcycle is in critical condition and his female passenger has non-life-threatening injuries. No charges have been laid. THE CANADIAN PRESS

Mothers to plea for release of hikers held in Iran since last July
The mothers of three American hikers plan to leave today for Iran, where they said they will appeal to Iranian leaders to release their children from prison. THE ASSOCIATED PRESS

World

No life sentences for non-killers

The U.S. Supreme Court has ruled that teenagers may not be locked up in prison for life without chance of parole if they haven't killed anyone. By a 5-4 vote yesterday, the court says the constitution requires that young people serving life sentences must at least be considered for release. THE ASSOCIATED PRESS

Man wounds six women in China

RAMPAGE A cleaver-wielding man attacked and wounded six women before jumping to his death, police said yesterday, in the latest in a series of such rampages in China.

The attack follows five separate assaults by lone assailants against schoolchildren in recent weeks that have left 17 dead and more than 50 wounded.

According to police, Sunday's attack began when a 20-year-old man hacked at a woman outside a restaurant in the southern city of Foshan. He then rushed into a crowded market and wounded five other women before climbing the stairs of a residential building and throwing himself off the fourth floor. THE ASSOCIATED PRESS

Sides talk ceasefire in Thailand

Deal unconfirmed as government accepts offer from protest leaders

The Thai government said yesterday it would accept a ceasefire offer from a Red Shirt protest leader if their fighters end raging street battles and return to their main camp in central Bangkok, as the death toll from five days of violence rose to 37.

The offer was made by Red Shirt leader Nattawut Saikuwa, who called the government's chief negotiator, Korbsak Sabhavasu, on his cellphone, Korbsak said.

It was the first direct talks between the two sides since the fighting started Thursday, but Korbsak said it was unlikely to achieve much as the two sides still remained far apart.

Earlier, a Thai government ultimatum passed for the thousands of protesters — who have been camping in an upscale Bangkok commercial district for more than a month in a bid to force the government from power — to vacate the barricaded protest zone by 3 p.m. or face up to two years in prison.

Meanwhile, unrest flared in various parts of the downtown area outside the barricades, with troops firing live ammunition at protesters who were lighting tires to hide their positions. The thick smoke darkened the sky.

The Red Shirts, many of whom hail from the impoverished north and northeast, are trying to unseat Prime Minister Abhisit Vejjajiva and force immediate elections. They say the coalition government came to power through manipulation of the courts and the backing of the powerful military, and that it symbolizes a national elite indifferent to their plight. THE ASSOCIATED PRESS

VINCENT YU/THE ASSOCIATED PRESS

Supporters of Thai Maj. Gen. Khattiya Sawasdiphol pay respects at his funeral yesterday. Sawasdiphol, the military strategist of the Red Shirts, died from a gunshot wound from a sniper attack last Thursday.

News in brief

NUCLEAR The White House says that Iran's latest agreement to ship enriched uranium off its soil would be a "positive step," but the United States and the world still have serious doubts about the country's willingness to live up to its commitments. Iran agreed yesterday to ship most of its enriched uranium to Turkey in a nuclear fuel swap deal. In return, Iran would get fuel rods of medium-enriched uranium to use in a Tehran medical research reactor. THE ASSOCIATED PRESS

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Two soldiers killed in hostage rescue operation: Afghan official

Troops stormed a Taliban compound yesterday and freed five Afghan UN staffers who had been held hostage for a month, an operation that left two soldiers and several insurgents dead, an Afghan general said. THE ASSOCIATED PRESS

Hungary **Swept away**

BELA SZANDELSZKY/THE ASSOCIATED PRESS

Local residents walk in flood water yesterday to rescue a car near the village of Alsovadasz in northeastern Hungary. Officials in Hungary and Serbia report three people died as a result of flooding caused by heavy rainfall.

BP siphons some of oil flow

Worries spreading that spill could reach major sea current

BP said yesterday it was siphoning more than one-fifth of the oil that has been spewing into the Gulf for almost a month, but worries escalated that the ooze may reach a major ocean current that could carry it through the Florida Keys and up the U.S. East Coast.

BP PLC chief operating officer Doug Suttles said yesterday on NBC's Today that a 1.6-kilometre-long tube was funnelling a little more than 1,000 barrels — nearly 159,000 litres — of crude a day from a blown well into a tanker ship.

Engineers finally got the contraption working Sunday after weeks of failed solutions — however, millions of litres of oil are already in the Gulf of Mexico.

A researcher told The Associated Press that computer models show the oil may have already seeped into a powerful water stream known as the loop current, which could propel it into the Atlantic Ocean. A boat is being sent later this week to collect samples and learn more.

80,000

BP and the U.S. Coast Guard have estimated about 5,000 barrels — nearly 80,000 litres — have been spewing out each day from the well.

BP PLC engineers remotely guiding robot submersibles had worked since Friday to place the tube into a 53-centimetre pipe nearly a mile below the sea.

BP failed in several previous attempts to stop the leak, trying in vain to activate emergency valves and lowering a 100-ton container that got clogged with icy crystals.

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Rescuers hunt for survivors of plane crash in Afghan mountains

KABUL Dense fog forced rescuers to search on foot for the wreckage of an Afghan passenger plane carrying 44 people, including six foreigners, that crashed yesterday in mountains north of Kabul, officials said. There was no immediate word of casualties.

The British Embassy in Kabul confirmed that three British citizens were aboard the plane, but did not identify them. A Foreign Affairs official in Ottawa said there were no Canadians on the flight.

Seventy rescue workers were searching on the ground as fog covered the area of the crash near the 3,800-metre-high Salang Pass, a major route through the Hindu Kush mountains.

THE ASSOCIATED PRESS

News in brief

MINE Russian Prime Minister Vladimir Putin berated officials yesterday over a blast at a Siberian coal mine earlier this month that claimed at least 66 lives. Putin voiced disbelief that the Raspadskaya mine's chief had not been fired after hundreds of safety violations were reported over the last year. He unveiled measures aimed at combating Russia's poor mine safety record and said corruption was one of the chief culprits. THE ASSOCIATED PRESS

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New York	$179	
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Barbados	$198	
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St Lucia	$198	
Travel May 30 - Jun 6/ws		+ taxes & fees $104
Glasgow	$249	
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London	$269	
Travel May 25 - Jun 2/ts		+ taxes & fees $404
Venice	$299	
Travel May 28 - Jun 5/az		+ taxes & fees $314
Phoenix	$349	
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Vacations

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Aqua Aloha Surf Hotel + taxes & fees $124
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Orlando Family Special
Air + 7 Nights $109◊
Champions World Resort + taxes & fees $235
INCLUDES accom near Walt Disney World Resort. BONUS shuttle to theme parks included. Departs Jun 13/ggv/ts.

Las Vegas Air + 4 Nights 4-Star $275
Bally's Las Vegas + taxes & fees $245
INCLUDES accom on the Strip. Departs Jun 13/swg/wg. UPGRADE to 5-star MGM Grand for $23 per night.

Halifax Air + 3 Nights $449
Citadel Halifax Hotel + taxes & fees $107
INCLUDES central accom. Departs Jun 1/ggv/ac.

Punta Cana Wine & Food Festival
7-Nights 5-Star All-inclusive $1085‡
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INCLUDES Club Med accom, rum tastings, 4-course signature dinners, twice daily cooking demonstrations and much more. Departs Jun 16/clm.

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Norwegian Dawn + taxes & fees $264
INCLUDES air, 2 nights prime Manhattan accom at Courtyard New York Fifth Avenue and 7-night Canada/New England cruise. CRUISE roundtrip New York and visit Halifax, Saint John (Bay of Fundy), Bar Harbor, Boston and Newport. Travel Sep 17 - 26/hol/ggv/aa.

San Diego Family Special
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Departs May 27/nol/c6.

Punta Cana 7 Nights 4-Star $395
Blau Natura Park + taxes & fees $330
Departs Jun 4/sgn/wg.

Jamaica 7 Nights 4-Star $497
Holiday Inn Sunspree Resort Montego Bay + taxes & fees $277
Departs Jun 12/nol/ts.

Mayan Riviera 7 Nights 5-Star $498
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TICO

U.K. to put forward emergency budget

Britain's new government will announce an emergency budget next month aimed at "significantly reducing" its record deficit, its treasury chief said. THE ASSOCIATED PRESS

South Korea **Coming of age**

LEE JIN-MAN/THE ASSOCIATED PRESS

Young women jump in the air yesterday to celebrate the 38th Coming of Age Day in front of the 16th-century Gyeonghui royal palace in Seoul, South Korea. The ceremony authorizes boys and girls at 20 years of age, who have been living under their families' protection, as independent individuals.

Rebels blow up bus, 35 dead

Maoist rebels blew up a bus filled with police and civilians yesterday as it drove through central India, killing at least 35 people, police said.

Nineteen civilians and 16 police officers were killed in the attack that took place in the state of Chhattisgarh, which has been the site of fierce fighting between the Maoists and government forces in recent months, said Amarnath Upadhyaya, a senior police officer.

The bus was hit by a rebel landmine, said another top police official in the area.

Police often ride in civilian buses, apparently in an attempt to avoid rebel attacks — hoping the insurgents would not target such vehicles for fear of losing local support.

An officer said the front of the bus was destroyed and 40 to 60 people were on board. THE ASSOCIATED PRESS

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Astronauts tackle antenna work

A pair of astronauts ventured out on a spacewalk yesterday, the first of three this week, to install a spare antenna on the International Space Station. THE ASSOCIATED PRESS

World lucked out with H1N1: Official

HEALTH The UN's global health chief says the world was lucky that the swine flu pandemic was relatively mild.

WHO director general Margaret Chan told government delegations that the virus didn't mutate into a more dangerous form, and that treatments such as Tamiflu and vaccines proved effective.

But she said a problem in any of these areas would have made the flu outbreak far more severe.

"Sometimes ... we are just plain lucky," she said yesterday.

THE ASSOCIATED PRESS

U.S. Whoops ...

DAN MARSCHKA/THE ASSOCIATED PRESS

A tow truck operator tries to figure out how to tow a Jeep Liberty yesterday after the driver drove through the back wall of his own garage, falling one storey to the ground in Lancaster, Pa. According to officials, the driver said as he was returning home, the vehicle's accelerator stuck and he couldn't stop before hitting the house. The driver was not hurt.

Push for war probe

Group accuses Sri Lanka of targeting civilians

An international rights group said yesterday there were "reasonable grounds" to believe Sri Lankan forces committed war crimes during the final months of the country's civil war and called for an international investigation.

In a scathing report, the International Crisis Group said tens of thousands of civilians were killed in shelling and other violence in the last battles of the quarter-century conflict between government forces and the Tamil Tiger rebels, which ended last May.

Deaths

• The UN has said between 80,000 to 100,000 people were killed in the conflict, but the International Crisis Group report suggests the number of those killed is far higher than previous estimates. It says a plausible argument could be made that 75,000 civilians are unaccounted for.

The Brussels-based organization said it had "credible evidence" that government security forces intentionally shelled civilians after herding them into so-called "no-fire zones" and deliberately targeted hospitals and centres where aid was being distributed.

The government also blocked food and medical shipments to the area, and deliberately underestimated the number of civilians trapped inside the ever-shrinking rebel territory, the report said

Government officials did not immediately respond to calls for comment.

THE ASSOCIATED PRESS

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Comment

Stephen Harper's wheel of fortune

The streak of fortune continues. One of the unwritten stories about Stephen Harper is how the fates continually smile on him. Few Canadian politicians have ever been as fortunate.

The latest break came last week. Just when it appeared the Conservatives were about to lose a huge swath of supportive media in a newspaper sell-off, a dark-horse bidder saved the day.

Liberally inclined Torstar appeared to be the favourite to win the National Post and the other Canwest papers, all of them in the conservative philosophical corner. The thought of it had the Harper Conservatives climbing the walls. The country's media landscape was about to change. But a surprise bid from a group led by National Post chairman Paul Godfrey saved the day.

Just how sensitive the Conservatives are to media has been demonstrated in their attacks on the CBC for using a pollster, Frank Graves, who says the Liberals should employ a culture war strategy against Harper. What the feverish Tory reaction should tell the Liberals is that such a strategy is a good one.

The break on the newspaper sale followed a highly fortunate turn in January, when just as momentum for a national day of protest against his prorogation of Parliament was building, the Haitian calamity struck.

It wiped out all other news and gave Harper a chance to change the dial, which he did effectively with an impressive Haitian relief effort. The prorogue protest went ahead but was half the size it would have been.

In years previous, the wheel of fortune seemed to always spin his way as well. During the coalition crisis he was at death's doorstep when the opposition parties blew the deal by bringing Bloc Leader Gilles Duceppe into a press conference. Then the Governor General saved Harper's bacon by granting his wish to shut down Parliament, thereby avoiding a confidence vote.

He received a remarkable break in the 2006 election, which brought him to power. Midway through it, the RCMP announced an investigation into the Liberals, which turned momentum in Harper's favour. Before that, during his opposition days, Harper got the break of a lifetime when the sponsorship scandal exploded, sending the Liberals plummeting in the polls.

He got good breaks in both his Alliance and Conservative leadership campaigns when no big-name opponents came forward to challenge for the titles.

He's had great fortune as well in drawing weak opposition leaders thus far.

It's amazing. For other politicians luck usually runs out. For Stephen Harper, it just keeps on coming.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

NATO unveils draft of mission statement

NATO must win the war in Afghanistan, expand ties with Russia and even China, counter the threat posed by Iran's missiles, and assure the security of its 28 members, according to the alliance's proposed mission statement for the next decade.

The draft document, released yesterday, seeks to bridge a growing rift between the U.S., which favours a greater international role for NATO, and European nations that want it to retain its traditional defensive focus.

"NATO must be versatile and efficient enough to operate far from home," said former U.S. secretary of state Madeleine Albright, head of the team of experts that wrote the document.

"(But) in order to sustain the political will for operations outside its area, NATO must see that all its members are reassured about the security of their home territories."

NATO Secretary General Anders Fogh Rasmussen will use the draft as a basis for a new strategic concept that will be submitted for approval at the alliance's next summit in Lisbon, Portugal, in November.

Mid-life crisis

- Founded in 1949 to counter the threat of a Soviet invasion, the 28-member NATO alliance is in the midst of a mid-life crisis as it searches for relevance almost 20 years after the collapse of its communist rival.

The previous strategic concept focused mainly on NATO's peacekeeping role in places like Bosnia and Kosovo. It was adopted in 1999, soon after the end of the Cold War and before the Sept. 11, 2001, attacks in the United States forced the alliance to take on missions such as counterinsurgency warfare in Afghanistan.

The war is the largest mission ever attempted by the alliance. More than 100,000 NATO troops, about two-thirds of them American, are currently deployed there. Nearly 1,800 NATO soldiers have been killed in the escalating conflict.

"In today's world we may have to go beyond our borders to defend our borders. I can mention Afghanistan as a case in point," Fogh Rasmussen said.

THE ASSOCIATED PRESS

MICHAEL DE ADDER

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$90-million contract for CAE

CAE said yesterday that Lockheed Martin has awarded the flight simulator and training company a $90-million contract to provide aircraft maintenance training for Canada's new fleet of 17 CC-130J Hercules transport aircraft. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

TD buys another U.S. bank

BANKING TD Bank Financial Group Inc. added another American bank to its growing basket of assets in the U.S. southeast yesterday with the announcement that it is picking up South Financial Group Inc. for $191.6 million US.

It's the second time in less than a month that TD has dipped its hands into the region, where the bank hopes to grow its presence amid a highly competitive Florida market.

TD president and CEO Ed Clark said the acquisition is particularly attractive because it comes with an experienced management team he believes will help the TD navigate the local market. THE CANADIAN PRESS

Trade **Going nowhere?**

KIN CHEUNG/THE ASSOCIATED PRESS

U.S. Commerce Secretary Gary Locke rides on a Disneyland train yesterday in Hong Kong. U.S. leaders want China's clean energy boom to drive technology exports and are sending a sales mission to Beijing this week. But Beijing wants to create its own suppliers of wind, solar and other equipment and is limiting access to its market, setting up a new trade clash with Washington and Europe.

Mac attracts U.S. researcher

The federal government has invested $10 million to attract a top researcher in hybrid vehicle technologies to an Ontario university.

McMaster University announced yesterday that Ali Emadi, a well-known American developer of electric powertrain technology, will join the university in conjunction with the development of a hybrid vehicle research facility.

The government investment, albeit small, is part of a broader push to expand Canada's research and development capacity in the area of green vehicle technologies.

In December, auto parts giant Magna International Inc. and the federal government announced a $7.2-million research effort with the goal of developing lighter-weight, more environmentally-friendly auto parts.

In the U.S., President Barack Obama has said he wants one million electric vehicles on the road by 2015 and has invested billions of dollars in car makers to help accomplish that.

And both Canada and the U.S. announced last month that new cars and light trucks will be subject to stringent new rules to reduce greenhouse gas emissions and become more fuel efficient, starting in 2011. THE CANADIAN PRESS

CPP buys into Aussie real estate

INVESTMENT The Canada Pension Plan Investment Board has struck up a joint venture with Australia's Goodman Group to develop commercial real estate assets Down Under.

The CPPIB — which invests the funds under the Canada Pension Plan — will hold 80 per cent of the $364.5-million investment fund, its second partnership with the Australian industrial property firm. THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Breaking out from financial paralysis

AlisonOnMoney

Last week family indebtedness in Canada hit a historic high. No wonder I'm getting so many letters from those paralyzed by their financial situation. Whether the problem is being house poor, a layoff, overspending, or too little money chasing too many expenses the result is often paralysis, the inability to do anything to improve your situation.

Some easy targets are the daily java jolt, snacks and lunch. Just the other day I listened to two women in a downtown elevator moaning about their credit card debt while they were each carrying giant specialty drinks and a pastry.

Small stuff perhaps, but over time they pack a financial punch. Chopping just $3.50 a day adds up to nearly $1,300 a year in savings.

Depending on your marginal tax rate, you need to earn anywhere from $1,800 to more than $2,500 to put that $1,300 in your pocket.

Reinforce your success by stashing the daily savings in a piggy bank, jar or sock and plunk it on an outstanding debt every week. Remember, start small, build confidence and bigger things will follow. Once a saving behaviour has been cemented you are well on your way to combating financial paralysis. The next step is to aim for something bigger. Summer is coming, why not axe the gym membership? Do your own nails. Chop extra services on your cell or land line. Reduce your television package. Check your insurance policies — you may be paying too much.

I just did all of this and the savings amounted to nearly $300 a month. Very little pain and lots of gain — $3,420 annually (I have to earn $5,000 to pocket that.)

Take heart. Baby steps are all you need to eliminate financial paralysis.

Alison's Money Rule:

- When you're financially paralyzed, start small to build confidence.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Volatility a sign of the times

Investing

The first thing investors need to realize today is that volatility is here to stay. We have more flash traders, high frequency and derivatives traders than ever before. There are many traders setting up computer programs designed to sell or buy when the market reaches certain levels. Thus, all that is needed is a spark to move the markets one way and touch on a technical point and BOOM!

A cascade of trades are triggered that moves the market in a matter of seconds.

This is one of the reasons why we experienced the huge sell-off a few weeks ago. The spark can come from anywhere such as geopolitical events, government initiatives or environmental issues.

Thus to be an investor today, you must be on top of any global event that can affect your portfolio.

I believe we are still in the midst of a bull market run. I feel individual investors will finish the year higher than where they started.

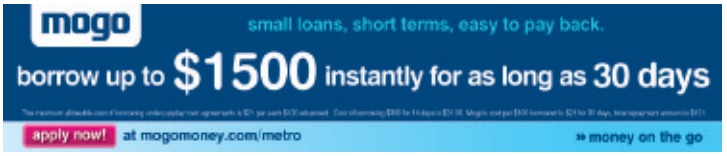
However, I also believe that due to the increased volatility, market growth at times will leave investors doubting the move higher.

What should investors be doing to protect themselves? Today, more than ever, individuals need to have a diversified portfolio. They need to look at types of investments that are not in the market (e.g. bonds) to protect their assets.

If you are looking for growth you want to own large blue chip investments that pay good dividends.

One thing I know from history is that the best days in the stock market often come right after the worst.

Allan Small is an Investment Adviser with Dundee Securities Corporation. He can be reached at asmall@dundeesecurities.com



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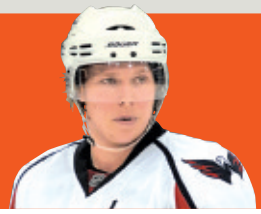
Pujols shifted to cleanup spot

Albert Pujols was batting cleanup instead of his accustomed No. 3 spot for the first time in nearly seven seasons for the St. Louis Cardinals' first game since dropping out of the NL Central lead. Manager Tony La Russa said the move was all about energizing the player that's switching place with Pujols — Matt Holliday. THE ASSOCIATED PRESS

Sports



Caps lock up Backstrom

The contract for Nicklas Backstrom, left, is another long-term investment for the Washington Capitals: 10 years, $67 million US. The Capitals announced their new deal with Swedish centre yesterday, a reward after a season in which he set career highs with 33 goals and 68 assists. The 101 points ranked fourth in the NHL. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

SOCCER Barcelona forward Thierry Henry has denied reports he has signed a pre-contract to join Major League Soccer's New York Red Bulls after the World Cup. The denial was in response to several reports in the British press, which said the French star had signed an agreement with New York and would join the team this summer.

GOLF Tiger Woods has added the British Open to his summer schedule. Woods has a chance to become the first player in the history of the British Open to win three times at St. Andrews. THE ASSOCIATED PRESS

SCOREBOARD

NHL PLAYOFFS

TODAY'S GAMES

Montreal at Philadelphia, 7 p.m. (Flyers lead series 1-0)
Chicago at San Jose, 10 p.m. (Blackhawks lead series 1-0)

NBA PLAYOFFS

YESTERDAY'S RESULTS

Phoenix at L.A. Lakers

HOCKEY

WORLD HOCKEY CHAMPIONSHIP
YESTERDAY'S RESULTS

Finland 5 Slovakia 2
Norway 3 Switzerland 2
Belarus 2 Denmark 1
Czech Republic 3 Latvia 1

BASEBALL

YESTERDAY'S AL RESULTS

Minnesota 8 TORONTO 3
Kansas City 4 Baltimore 3
Chicago White Sox at Detroit (ppd., rain)
Boston at N.Y. Yankees
Cleveland at Tampa Bay
L.A. Angels at Texas
Seattle at Oakland

YESTERDAY'S NL RESULTS

Philadelphia 12 Pittsburgh 2
Arizona at Florida
Milwaukee at Cincinnati
N.Y. Mets at Atlanta
Colorado at Chicago Cubs
Washington at St. Louis
San Francisco at San Diego
Houston at L.A. Dodgers

Sloppy play costs Jays

MLB RESULTS

Twins 8 Blue Jays 3

Canadian slugger Justin Morneau belted two home runs and the Minnesota Twins took advantage of some sloppy Toronto defence in an 8-3 victory last night, snapping the Blue Jays' winning streak at four games.

The American League Central-leading Twins scored a pair of unearned runs in a four-run fourth inning off Dana Eveland (3-3). That was enough of a cushion for Minnesota starter Kevin Slowey (5-3), who went five innings for the win in front of 13,892 fans at the Rogers Centre.

Morneau, of New Westminster, B.C., added some insurance for the Twins (24-14) in the sixth inning with a solo shot. He followed that up two innings later with a two-run blast for his 11th homer of the season.

Alex Burnett, Matt Guerrier and Toronto native Jesse Crain were steady in relief for Minnesota. Eveland gave up five runs — three earned — over four-plus innings for the Jays (23-17). Minnesota finished with 12 hits, one more than Toronto.

Jose Bautista, the American League player of the week, gave Toronto a 2-1 lead in the second inning when he hit a two-run homer. It was his fourth home run in his last three games and 11th of the season. THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

Minnesota Twins third baseman Nick Punto steals second base as Toronto Blue Jays shortstop Alex Gonzalez drops the ball on a tag last night at the Rogers Centre. The Twins won 8-3.

Snider out with injury

• Jays outfielder Travis Snider missed the game due to a wrist injury. He's scheduled to undergo an MRI today and has been placed on the 15-day disabled list.

Woeful Nets hope draft lottery delivers top pick

NBA With their new owner sitting in the front row, the New Jersey Nets will have the best chance to win the NBA draft lottery.

They could sure use the help.

Mikhail Prokhorov will represent the Nets on stage tonight in Secaucus, N.J., (The Score, 7:30 p.m. ET) for the lottery, which his team has a 25 per cent chance of winning after finishing with a league-worst 12-70 record.

Kentucky freshman point guard John Wall is considered the top prize in this year's class, with player of the year Evan Turner of Ohio State also expected to go high next month.

0.6%

The Toronto Raptors, who finished ninth in the Eastern Conference, have just a 0.6 per cent chance of landing the top pick.

"From my perspective, I think that we are in a very good position. We're going to get a really good player, so I'm excited about that," Nets president Rod Thorn said. "You always want to get as high as you can, because the higher you get, the more leverage it gives you. We're hoping for the best, but we do know that wherever we end up, we'll get a good player."

The Nets can finish no worse than fourth. However, the lottery hasn't been kind to the team that needs the most assistance lately.

Not since 2004, when the Orlando Magic selected Dwight Howard, has the team with the worst record won the lottery. Last year, the Sacramento Kings tumbled to fourth — though they did end up with eventual Rookie of the Year Tyreke Evans.

Thorn believes the lottery system works and has always been supportive of it, going back to when he worked in the league office, though he joked that, "Hopefully. I won't be upset tomorrow night."

The Minnesota Timberwolves (19.9 per cent) and Sacramento (15.6 per cent) are the other teams with high lottery probabilities. Golden State (10.4 per cent) and Washington (10.3) round out the top five. THE ASSOCIATED PRESS

Gionta calls on Habs for more effort, smarter play

NHL For veteran forward Brian Gionta, getting wiped out 6-0 in the first game of a playoff series is no grounds for panic.

So even if the Montreal Canadiens looked to be left for dead after their one-sided loss to the Philadelphia Flyers, Gionta said more effort and a few adjustments to their game plan can get Montreal right back into the NHL Eastern Conference final.

Brian Gionta

He's looking for it to start in Game 2 of the best-of-seven series tonight at the Wachovia Centre.

"A loss is a loss," Gionta said yesterday. "You try to figure out what went wrong and, being the first game of a series, you have to look at things a little more deeply.

"I don't think we're that far off. It was a tough way to start, but it was mostly on ourselves. It wasn't something they were doing special that we can't react to. It's a matter of us being prepared to play and executing what we want to do. None of that happened (Sunday) night. I have confidence that we'll rebound and be able to come back with a better effort."

The Canadiens held a team meeting to go over their many lapses in Sunday's Game 1. The general view was that the bigger, more physical Flyers wore down the Canadiens and succeeded in crowding the crease and making life miserable for goaltender Jaroslav Halak. THE CANADIAN PRESS

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Showcasing the future vision of the GTA

The city of Toronto—and, in fact, the GTA in general—is an exciting place to be right now. There are a lot of interesting developments on the horizon, and Metro recently decided to take a look at some of the interesting things that are in store for our city.

The skyline of Toronto is changing not only because of new residential developments around the Rogers Centre and Cityplace's Maple Leaf Square, but also because of efforts to revitalize the waterfront to create more natural, organic place for residents to live, play, and work. Away from the water the building cranes signaling progress are sprouting up in Etobicoke, North York and in pockets all over the city.

For those who are into more luxurious pursuits, our fair city will have more to offer than ever before. Plans for Trump International Hotel & Tower are going full-speed ahead for the corner of Bay and Adelaide Streets, and the Ritz-Carlton is nearing completion in the heart of the financial district—both cementing Toronto's place as a world-class city with all the amenities and cultural delights a global jet-setter can ask for.

And how do we get to these exciting destinations? The TTC's Transit City initiative will allow us to get across the city faster than ever with more subways and new rapid-transit routes, and GO Transit is gearing up to expand their routes across the GTA and beyond—they're even renewing parts of Toronto's rail- and bus-based transportation, in parallel with the City of Toronto's own revitalization efforts.

Of course, our city may experience some growing pains. But if even half of what's being planned for Toronto comes to fruition, you're going to be prouder than ever to call Toronto your home! – *Lori Dance*

► *Transit - pg F2* ► *City Parks - pg F4* ► *Waterfront - pg F6*

metro

It's time for Toronto

A world-class city demands a transit system that provides connections and allows people to move across the region quickly and with ease. As we embark on some important improvement projects, a new vision of Toronto is revealed.

Toronto is not only enjoyed by the residents who call the city home, but also by the many people who work around the city and by the thousands of visitors each year.

GO Transit and Metrolinx share a vision of a fully integrated interregional transportation system. Important transit projects are a reality through the cooperation of all three levels of government, who have shown a steady commitment to public transit. These vital partnerships in investment and planning have laid the groundwork for projects such as the Sheppard East Light Rail Transit and the Union Station Revitalization that support that transit plan.

Transformations have begun

Sheppard East Light Rail Transit

Work on the Sheppard East LRT project broke ground in 2009 and will improve connections between other parts of Toronto and Scarborough, offering a better, more seamless transit service.

The new line will replace the Sheppard East and Scarborough Rocket TTC bus routes and connect the Sheppard Subway line, the York Region Transit/VIVA bus service and GO Transit's Stouffville rail line.

With a projected in service date of 2013, this 14-km new line will run along Sheppard Avenue East. Electrically-powered light rail vehicles will travel in reserved lanes providing a smooth, fast and comfortable train experience.

Without having to compete with regular road traffic, this new service will become a good transportation alternative for many residents and commuters. Each vehicle will be designed with a focus on customer service and will feature easy step-free access from convenient and sheltered platforms.

This new light rail line is part of the Transit City initiative to expand rapid transit to all neighbourhoods throughout Toronto. As part of Metrolinx's regional transportation plan, The Big Move, Metrolinx will oversee the implementation of this project by the TTC and own the new light rail, which will be fully integrated into the current TTC system.

With modern electrically-powered vehicles that are quiet and comfortable, the customer experience will change and so will the city. This project will promote local economic development and help create attractive neighbourhoods by providing better access to jobs, schools and amenities – all of which will increase Toronto's profile as a world-class city.

Artist's rendering

Union Station Revitalization

Union Station is one of Toronto's historical landmarks and a vital commuter hub for the city. Closing in on its century birthday, Union Station is long overdue for a makeover. The Union Station Revitalization project is welcomed by city residents and commuters from across the region.

The plans include a train station that's bright and airy, allowing thousands of people to easily pass through on a daily basis, getting to and from destinations quickly, comfortably and effortlessly.

In addition to the work GO has begun at Union, the City of Toronto and the TTC are also leading projects that will improve access to the station and the relationship commuters and residents have with this busy multi-transit hub.

Each project supports a stronger community and city. Union Station will become the new gateway to the city and downtown. With a projected completion in 2015, this gateway will provide improved access to entertainment, dining and the PATH system.

The most noticeable aspect of GO Transit's Union Station Revitalization project is the new roof and glass atrium that will allow natural light to stream through to the passenger platforms. The intricate and stylish new roof is a symbol of the dynamic changes that will transform this metropolitan transit hub.

Future glass atrium

The plans include a train station that's bright and airy, allowing thousands of people to easily pass through on a daily basis, getting to and from destinations quickly, comfortably and effortlessly.

Union Station will become a place where commuters, residents and tourists can interact in a bright and vibrant public space with many retail facilities.

GO Transit is committed to improving passengers' experiences and service by enhancing platforms, waiting spaces and tracks. Refurbishment of the train shed will preserve its heritage and character, while the addition of the glass atrium will modernize the structure.

Construction will be staged to ensure that passengers are able to get in and around the station. When completed, GO Transit, the City of Toronto and TTC's projects will blend together to create a seamless transit system.

The Union Station Revitalization project is a plan for the future that will meet the transportation demands of generations to come.

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IT'S TIME FOR UNION STATION REVITALIZATION

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Pour plus de renseignements, veuillez visiter le site gotransit.com/unionstation

gotransit.com/unionstation

Downsview Park: Building a park while being a park

Parc Downsview Park Canada

A UNIQUE PARK FOR ALL PEOPLE A MODERN PARK FOR ALL seasons

Downsview Park is a park in motion: sports, special events and programs keep the Park abuzz with activity year round, while construction on the Park's new landscape and public recreational areas has begun. Already the Park sees more than 1.5 million visits per year. Situated on the former Canadian Forces Base Toronto, in the northwest part of the city, Downsview Park is one of the largest urban redevelopment projects in Canada. At just over 230 hectares (572 acres), Downsview Park is 1.5 times the size of High Park.

Downsview Park is an example of a new kind of park appearing around the world—an urban park that embraces demands for greenspace, sports facilities, leisure and cultural areas, educational programming, urban agriculture and true sustainable living where people live, work and play within one community. Parc Downsview Park Inc. (PDP) is the Crown corporation established to manage and build Downsview Park on a self-financing basis, without support of taxpayers dollars.

Come by the Park, today, and you'll see rolling hills, a lake and a new sports field in the last stages of construction prior to public debut.

To the east of Keele Street lies a new four-hectare (10-acre) lake, a key part of the new stormwater management system that will filter runoff from the Park and surrounding area. Although currently in the last stages of excavation, you can expect to see the lake full of water in July, at which point plantings will begin for the aquatic vegetation that will line the shorelines. Impressive, at the size of seven football fields, the lake will be a feature attraction for people and wildlife. A public lookout point will be easily reached just off Keele Street. This summer, pedestrians and cyclists can also enjoy a three-kilometre circuit path that winds through the southwestern portion of Downsview Park, just east of the lake.

The 280,000 cubic metres of soil excavated for the lake has been used to create the new mounds that run north/south, east of Keele Street. The largest mound, now fifty per cent complete, will tower an incredible 20 metres high. The Mound is one of Downsview Park's most prominent landscape elements. Situated on the highest point of the site, it will be a natural landmark that offers an open, elevated vista in all directions. The northwest side of the Mound will be an unobstructed grassy slope that will transform into a tobogganing run in the winter.

To the north of the lake, lies the Canada Forest made up of more than 60,000 young trees. Planting of the forest began in 2006 and continues with the assistance of Evergreen, corporate and public tree planting events.

Five residential neighbourhoods will eventually make the Park a true sustainable community. The first, the Stanley Greene neighbourhood, is scheduled for completion within four to five years. As a federal entity, PDP is currently working with the City of Toronto to set in place a new Downsview Area Secondary Plan and approved zoning. Completion of this process is critical, as PDP is ready to move into the development phase of plans with the private sector.

Why develop any neighbourhoods? The Park's Board of Directors considers development only as needed to support the creation of the park with facilities, programs and services for the public to enjoy. Because PDP has to operate without financial support from the federal government, the Board investigated a number of revenue avenues but concluded that funding would be needed from some land development. This has been assessed by the federal government, and they agree, is the most prudent plan. Therefore, although most of the lands will remain under the ownership of PDP, one third of the lands are contemplated to be sold or leased to appropriate partners in order to sustain the Park. The development lands will be designed as a prototype sustainable community, built to conform to PDP's Sustainable Community Development Guidelines.

Ground work has already begun for the construction of the new TTC subway/GO station at the north end of Downsview Park. Public transit plays an important role for Park visitors who already enjoy the benefits of the 101 bus route that loops through the Park.

"The breakthrough moment is now at the Park's doorstep," says Tony Genco, President and CEO, Downsview Park. "Downsview Park is more than a traditional park, it's a new way of living in the 21st century. A seed changes and grows, so too will these 572 acres. PDP is not just thinking about the moment, but the future generations for which Downsview Park will be a legacy."

Dates in Downsview Park History

1994: Closure of CFB Toronto and dedication of parkland.

1999: PDP Board of Directors appointed and Park began its operations.

2000: International design competition garners 274 entries from 10 countries.

2002: World Youth Day, Pope John Paul 11 celebrated mass with 850,000 participants.

2003: Molson Canadian Rocks for Toronto SARS benefit concert featuring The Rolling Stones and AC/DC draws 450,000 people.

2006: Downsview Park lands transferred to PDP. Park building can commence.

2008: Downsview Area Secondary Plan Review and Zoning Update begins with the City of Toronto

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http://twitter.com/downsviewpark

More than just a Park

It's time for Toronto's best-kept secret to become the talk of the town. Between the Downsview Park Sports Centre and Downsview Park's year-round roster of special events there's always something to do in the Park.

Family fun is the focus of events organized and hosted by Downsview Park. The Park's trademark events are: 3-on-3 Street Hockey Tournament, Earth Day Festival, Canada Day, Movies Under the Stars, Fall Fair and Trail of Lights. Last year's Canada Day celebrations drew 100,000 visitors for free amusement rides, free kids' activities and a spectacular musical fireworks show. Downsview Park's Trail of Lights is already establishing itself as a winter family holiday tradition. And Movies Under the Stars is hands down a family favourite, blanketing the Park in kids of all ages through the summer.

Summer is peak time in the Park for concerts, cultural festivals, fundraisers, barbeques and other special events. There's something for everyone this season: Beer & Cocktail Show, Heritage Walk, It's Cool to be Me Walk/Run, Zareinu Moveathon, South Asian Trade Show, Jamaica Day, Beat the Island Rhythm Run, De Island Boyz Concert, Festival de Verano, Jambana Festival, Pan in the Park, Vagkraft Car Show and more. If you haven't been to an event in the Park—where *have* you been?

The Downsview Park Sports Centre is a node of recreational fun with many sports and facilities found nowhere else in the city such as Toronto School of Circus Arts, HoopDome, True North Climbing, Toronto Roller Derby League, GrandPrix Kartways and The Rail Skatepark. The Hangar is the hub for adult and youth soccer, adult beach volleyball, and adult and youth ball hockey. Because The Hangar has both indoor and outdoor fields, a whole roster of other sports such as tackle football, Ultimate, Aussie Rules Football, field hockey and lacrosse draw in athletes from across the GTA. Coming soon in 2010 is yet another one-of-a-kind offering, the National Squash Academy and ATP, a squash and athletic training facility.

But the choices don't end there...right next to the Sports Centre lies the Canadian Air & Space Museum, housed in

one of the original de Havilland of Canada Aircraft manufacturing hangars. Plane enthusiasts shouldn't miss the Museum's annual Wings & Wheels Heritage Festival, May 29-30, when historic and military aircraft fly in for visitors' close-up inspection.

Complete your day at the Park at Downsview Park's The Hangar Grill Restaurant, fully licensed and located in the Downsview Park Sports Centre. From the ever-popular chicken wings and peppercorn burger to pasta and stir-fry, The Grill will satisfy any craving.

If this is what's available while Downsview Park continues to build, there is so much to look forward to in the years ahead.

Shades of Green

Nature seekers may enjoy Downsview Park because it is bringing wildlife back to the city as the Park's naturalization and restoration efforts revitalize habitat, but the Park's green spaces are sprouting fans for many other reasons.

This year, the Park saw more than 12,000 visits from school children! Teachers can take their students out of the classroom and into the outdoors, easily, via Downsview Park's Free School Programs. Park staff provide curriculum-based lessons for Grades JK to 9 on topics such as waste reduction, energy conservation, urban agriculture and wildlife. The Park is utilized as a learning tool for and as an example of sustainability.

Kale, cabbage, carrots, corn and other organic crops are now a common site at Downsview Park thanks to the participation of FoodCycles and Urban Harvest in Downsview Park's urban agriculture pilot project. Both organizations focus on growing food locally. Three greenhouses and two acres of outdoor fields are located by Keele Street and Sheppard Avenue.

Evergreen's new tree nursery program is launching this month next to the agricultural gardens in Downsview Park. Evergreen is a key partner in many of the Park's stewardship activities. Many corporate groups turn their volunteer time to lending a hand tree planting in the Park. Thursdays this summer are dedicated to Downsview Park's Stewardship program that involves public volunteers, of all ages, in planting and other naturalization-type assistance projects. More than 60,000 trees have been planted in Downsview Park's Canada Forest—a job that couldn't have been done without the support of green-minded volunteers.

Downsview Park's changing landscape of hills, bioswales, lake, paths, gardens, woodlots and forest will welcome community members' help to plant aquatic vegetation, bulbs and trees while acting as a living classroom. Come grow with the Park!

Redefining our Future

For decades, much of Toronto's waterfront stood idle—a fading reminder of the city's industrial past. Today, through an unprecedented revitalization initiative, this once neglected and underutilized land represents the city's future.

Revitalization of the waterfront promises not only growth and economic development opportunities for the city, but also a chance for Toronto to redefine itself and confirm its place among the world's great cities. To make this happen, the Governments of Canada and Ontario and the City of Toronto established Waterfront Toronto in 2001 as the lead developer and master planner. The organization is working to reconnect the city to the lake by designing and building vibrant and sustainable communities, beautiful parks, and accessible public spaces that, together, form our new blue edge.

This is the largest urban renewal project in North America and one of the most significant waterfront revitalization projects in the world. It totals more than 800 hectares and includes the creation of 40,000 residential spaces, one million square metres of employment space, and 300 hectares of parks.

Everything built on the waterfront, from structures and streets to parks and public art, will raise the bar for architecture and urban design. Waterfront revitalization will deliver a lasting environmental legacy through the promotion of energy conservation, reduced greenhouse gas emissions, and improved air, land, and water quality. Providing a broad mix of housing options and key amenities like childcare, schools, recreation, and cultural facilities, the waterfront will be a home for all—and a tourism destination, too.

Waterfront renewal is also stimulating the economy by nurturing new Canadian expertise in sustainable development. As one of the largest urban brownfield remediation projects in the world, renewal of Toronto's waterfront will help jump-start Canada's growing green-technology sector through the creation of new green jobs and innovative green business practices. This work will be facilitated by an open-access, ultra-high-speed broadband infrastructure, up to 1,000 times faster than existing networks in North America.

With numerous projects now complete and many more in various stages of development, Toronto's waterfront revitalization is pressing ahead to deliver on its remarkable promise for Toronto, Ontario, and Canada.

Transforming our Waterfront

QUEENS QUAY REVITALIZATION

A full 35 per cent of Toronto's massive waterfront revitalization area is reserved for the development of parks and open spaces. Among the most celebrated projects to date are the wooden wavedecks in the central part of the waterfront. The Spadina WaveDeck, opened in 2008, transformed a once-narrow sidewalk into a waterside gathering place. It was joined last year by the Rees WaveDeck and the dramatic Simcoe WaveDeck.

Soon, Queens Quay Boulevard will no longer feel like a barrier to the water. Toronto's main waterfront street will be reconfigured into a grand, pedestrian-friendly destination with streetcar lanes in the middle and two-way traffic on the north side of the tracks only. The south side will be remade into a generous tree-lined promenade and expanded Martin Goodman Trail.

The first new iconic public waterfront parks are currently under construction in East Bayfront. The 1.5-hectare Sherbourne Park, scheduled for completion later this year, runs from Lake Shore Boulevard to Lake Ontario. It features a children's playground and an open lawn for city-wide events; plus, it includes a central water feature with three art sculptures rising almost nine metres from the ground. Opening this summer, Canada's Sugar Beach will be a stylish, urban beach on the waterfront, welcoming visitors with a whimsical mix of brightly coloured umbrellas, rock outcroppings, and a plaza for public performances.

The West Don Lands will also soon be home to two new parks. Positioned atop the area's flood-protection landform, the seven-hectare Don River Park will feature a diverse mixture of landscape experiences when it opens in 2011. Underpass Park, which will also open in 2011, will convert the inhospitable space beneath a series of road overpasses into an inviting and dynamic recreational space.

Anchored by these and other remarkable public spaces, the revitalized waterfront will become a premier destination for Toronto residents and international travellers alike.

SPADINA WAVEDECK

Vibrant Neighbourhoods

East Bayfront and West Don Lands, the first in a series of new waterfront communities, are beginning to take shape along our new blue edge. The communities are designed to be great mixed-use neighbourhoods where people will live, work, play, and learn.

Dynamic parks and public spaces will form the hearts of the communities. Heights of buildings, carefully planned to ensure appropriate density levels, will maintain the openness of public spaces and views of the lake. Low-rise buildings will be built along the water's edge, and taller buildings will be built further inland. Ground floors near the water and bordering parks will be reserved for shops, restaurants, cultural amenities, and commercial uses.

EAST BAYFRONT

East Bayfront, a prime waterfront location south of Lake Shore Boulevard between Lower Jarvis and Parliament Streets, is currently being transformed into a thriving destination with 6,000 new homes, jobs for 8,000 people, two major parks, and a continuous water's-edge promenade and boardwalk. East Bayfront's first private sector development, Parkside, will be a premier residential and commercial address overlooking Sherbourne Park. Waterfront Toronto has also completed a competitive bidding process to select a development partner for the Bayside site, a premier four-hectare waterfront area east of the park.

WEST DON LANDS

The West Don Lands, a 32-hectare brownfield site between Parliament Street and the Don River and from King Street to the rail corridor, will feature 6,000 new residential units, ample space for employment and commercial uses, at least one elementary school, and two child-care centres—all embraced by nine hectares of parks and public spaces. Work is already well underway in the West Don Lands: Construction of the main part of the area's massive flood protection landform is nearly complete, several of the area's streets are under construction and, later this year, construction will begin on two of the area's parks. Development in the West Don Lands is being accelerated because the site will be home to the 2015 Pan/Parapan American Games Athletes' Village. Following the Games, the Village will be converted to a range of housing options.

LOWER DON LANDS

Waterfront Toronto is also developing detailed plans for additional communities in the Lower Don Lands, a 125-hectare area south of the rail corridor in the east end of Toronto's harbour. Plans for the area include re-naturalizing the Don River mouth by rerouting it to provide flood protection for the area and by creating wetland and natural green spaces. The river will be the centrepiece of new mixed-use sustainable communities.

Working and Studying in East Bayfront

Corus Entertainment and George Brown College will soon be fixtures on the waterfront, bringing both jobs and students to East Bayfront. Corus Quay, the new headquarters of Corus Entertainment, is nearly complete, with occupancy planned for mid 2010. Construction is also underway on George Brown College's new state-of-the-art health sciences campus.

River City in the West Don Lands

River City, the first private sector development in the West Don Lands, opened its sales center in early 2010 for its first phase of residential units. The project, which includes more than 900 loft-styled condos and townhouses, was recently recognized with a prestigious industry design award. First phase of occupancy is slated for 2012.

Learn more: www.waterfrontoronto.ca

WEST DON LANDS

EAST BAYFRONT

LOWER DON LANDS

To See and Be Seen

When you are the best, you attract the best. This concept certainly holds true for the city of Toronto; recently, we've announced many exciting cultural developments that will make this city a very interesting place to be in the next few years.

This year, the Bell Lightbox will open its doors for the first time to host the Toronto International Film Festival. Located at the newly renamed Reitman Square at the corner of King and John Streets, this facility and its 37-story residential condominium will serve as the home for community and industry events and will provide an essential meeting place for film professionals, educators, and film lovers from all over the world.

The Aga Khan Museum, slated to open in 2013, will be dedicated to the display of art and artifacts, past and present, of the Islamic community. Surrounded by a large landscaped park, the Museum will provide a forum for permanent exchanges between the Islamic and Western worlds and attract art lovers and scholars alike.

In 2014, World Pride will be held in Toronto, making it the first North American venue for this massive event. The festival, which will be run simultaneously with Toronto's Pride Week, will include a parade of nations as part of the opening ceremony and a human rights conference, not to mention a massive influx of tourism and international interest.

Last year, it was announced that Toronto will be the host city for the 2015 Pan/Parapan Am Games. Waterfront Toronto is currently building the Athletes' Village, which will accommodate up to 8,500 athletes and team officials in a single area. After the Games, it will become a mixed-use neighbourhood that offers a range of housing for people of all stages of life and income levels.

These are just a few of the many fascinating events on the horizon for the city, all of which are sure to create many new jobs and help the local economy. The future, indeed, is looking bright.

-Lori Dance

A Timeline of the Future

Here's a sneak peek at just a few exciting developments in store for Toronto now and in the next five years:

2010
The Bell Lightbox will open its doors for the Toronto International Film Festival

2011
GO Transit will implement the PRESTO electronic fare system network-wide

2012
Waterfront Toronto will open their first affordable housing complex

2013
Aga Khan Museum will open in Toronto as a showcase of Muslim arts and culture

2014
World Pride will be celebrated in Toronto– the first one to be held in North America

2015
Toronto will host the Pan/Am Games on the city's waterfront.
New train shed roof is completed at Union Station

For More Information…

Here are some links to some excellent resources that will allow you a glimpse into the future of Toronto:

COMMUNITY:
Waterfront Toronto
www.waterfrontoronto.ca
Downsview Park
www.downsviewpark.ca
Toronto Community Foundation
www.tcf.ca
Toronto Community Housing
www.torontohousing.ca

TRANSIT:
GO Transit
www.gotransit.com
Toronto Transit Commission
www.ttc.ca

CULTURE:
Bell Lightbox
www.belllightbox.ca
World Pride 2014
www.pridetoronto.com
Pan/Parapan Am Games
www.toronto2015.org
Aga Khan Museum
www.akdn.org/canada_culture.asp

A City United

Since the amalgamation of the Greater Toronto Area, there has been a greater challenge to ensure that our city's areas remain accessible and connected to its surrounding neighbourhoods. The landscape and its inhabitants have changed and become more varied over time, and many Community initiatives have stepped up to address these challenges.

One such community initiative is the Toronto Community Foundation. Since 1981, the TCF has been connecting philanthropy with community needs and opportunities, as well as providing valuable insight into the health of our city for the past four years through their Toronto's Vital Signs reports. And Toronto Community Housing, besides having teamed up with Waterfront Toronto to create the first affordable housing development along the "new blue edge," also has numerous social investment strategies and green initiatives aimed towards making the city the best it can be.

Since 1981, the TCF has been connecting philanthropy with community needs

A greater emphasis is also being placed on sustainable and mixed-use communities. Downsview Park is one example of a project that aims to become financially self-sufficient as a neighbourhood while at the same time remaining connected to the rest of the city through accessible transit via TTC and GO. As well, one of the main aims of Waterfront Toronto is to create neighbourhoods comprised of rental and owned residences, commercial and retail space, and public spaces where people can live, learn, work, and play.

The GTA is looking forward to creating a more environmentally sound future for its inhabitants as well. The City of Toronto has created "Solar Neighbourhoods," a residential solar water-heating pilot program in Riverdale, with plans for a possible city-wide expansion by 2011. Environment Canada is also supporting the City's "20/20" campaign, which aims to reduce greenhouse gas emissions in the Greater Toronto Area and help GTA residents reduce their home energy and vehicle use by 20 percent.

No matter what your stage of life or income level, the plans set in place for the city of Toronto will create a more harmonious (and greener) community where everyone can live, work, and play. There are already initiatives in place, but what the future holds is even better than we could ever have imagined.

China approves partnership between Northern College, Yangzhou College
The Chinese government has approved a joint venture between Northern Ontario's Northern College and the Yangzhou College of Environment and Resources. Northern will license the curriculum of three programs for instruction at its partner college in China. METRO NEWS SERVICES

Workology

Canada popular internationally

According to preliminary data released by Citizenship and Immigration Canada last week, 85,131 foreign students came to Canada in 2009. The number of international students who came to Canada grew by seven per cent last year, resulting in the highest numbers of foreign students ever admitted to the country. Ontario had the most international students, with 30,497 entering the province, followed by B.C., which had 26,543 foreign students. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Helping men transform themselves

KEITH CARMAN
for Metro Canada

"Men fascinate me," admits Leah Morrigan, founder of Transform Yourself — a business helping guys who find themselves in desperate aesthetic times.

"I spend a good amount of time researching them from angles of sociology, neurology and anthropology (to) understand their condition and more accurately communicate with them," she adds.

Transform Yourself is an interesting anomaly in the world of personal makeovers because it focuses solely on men. It offers advice to help guys reach their personal and professional goals.

"(Transform Yourself) is for men who want to see themselves from a different perspective," Morrigan says. "I help raise their confidence; bring out their handsomeness and see sides of themselves they haven't seen or considered before, opening up all sorts of possibilities in their lives."

Morrigan says her fascination with men's clothing is the reason she started Transform Yourself. She went from working in a menswear department to enrolling in Ryerson University's fashion program, where she developed "a unique ability to see into a person's character and portray it through clothing."

PHOTO SUBMITTED

Leah Morrigan turned her fascination with men and the way they look into a business.

Morrigan says she still felt like she wanted "something more; something deeper, individual and psychological," while studying at Ryerson.

She immediately quit university and enrolled at George Brown College after stumbling across image consulting online. She began working on an idea that eventually became Transform Yourself.

Transform Yourself uses five basic steps to help men to reach their personal goals:

- Character Analysis (personal/professional aspirations);
- Colour Analysis (personal colour palettes);
- Body And Wardrobe Analysis (sizing/appropriate wear);
- Shopping (picking a new wardrobe);
- Follow-Up (ensuring comfort in your new look).

"Image is about the impression we make on the world and it comes in three forms: How we look, the choices we make in our behaviour and the way we communicate via speech, text and body language," Morrigan says.

Here are her top tips for men who want to change the way people see them:

- Be honest about your body type and dress in clothing that fits properly.
- Become aware of your posture and stand tall — people will notice and you will notice a change in yourself.
- Suit/sports jackets are the most flattering piece for a man. It squares and exaggerates his shoulders, which, as the broadest line on a man's body, are powerful.
- Try a pre-shave exfoliator. It adds polish to the skin.
- Wear socks that match your trousers, not your shoes.

Want to improve yourself? Visit transformyourself.ca

Career saving advice

- "People (assess) others in seconds and treat them accordingly. When we (maintain) a good work image, it impacts how we feel about ourselves, how others interact with us and can reflect the quality of our work," says Morrigan. She says there are five crucial career practices — or killers if not applied — to assure a solid work image.
- Clean, neat, well-fitting, and modern clothing
- Clean hands and teeth
- Good posture
- Politeness
- A firm handshake

"If we're not doing ourselves justice, making the most of who we are, this can affect how others interact with us and what we achieve in life," she says.

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www.evergreencollege.ca
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Family-friendly biz with soul

Many independent options for having a drink, a bite or a shopping spree in Leaside

Small Business City

RAFAEL BRUSILOW
for Metro Canada

ALL PHOTOS BY RAFAEL BRUSILOW/FOR METRO CANADA

Cornflower Blue owner Liz Welsh, left, says Leaside has changed dramatically since she opened 14 years ago while Lemongrass owner Terry Wei extols his clientele's loyalty.

Upscale shopping and a family atmosphere are not mutually exclusive in Leaside, where an independent spirit still thrives.

The peaceful enclave just south of Eglinton Avenue, and bordered by Bayview Avenue and the Don Valley Parkway, is known for its high-end independent stores, excellent schools and charming side streets.

Liz Welsh grew up in Leaside and opened her clothing store Cornflower Blue (1606 Bayview Ave.) 14 years ago in what was then a very different neighbourhood.

"This area was just starting to get upscale, it was not as modernized as this. Today, people have got money here, it's a very affluent neighbourhood and we are a destination — people make a point of coming here," Welsh said.

The biggest change Welsh has seen is the influx of new, young families into the area as the previous generation moved on.

"A lot of the people that used to live around here have kids who have grown up and moved out, so there are more new families with kids coming in," Welsh said.

Unlike some more commercialized business areas in Toronto, Leaside has kept its soul despite its success as most stores have stayed independently owned and retail chains have for the most part stayed away. Welsh says business owners generally stick together and support each other here.

"It's still a friendly neighbourhood to be in. If there is competition it's good competition because there are still a lot of independent stores here," Welsh said.

CONT. ON NEXT PAGE>>

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While Rosie's Kitchen owner Frank Kim, left, says the foot traffic of Leaside aids his business tremendously, McSorley's Saloon and Grill, right, owner Simon Hanlon says it's the small-town, family-oriented atmosphere that wins out in Leaside.

<<CONT. FROM LAST PAGE

Terry Wei owns two restaurants in the area, including Lemongrass (1630 Bayview Ave.) which she opened 10 years ago, because she believes the area continues to have great business potential and local customers have shown her great support over the years.

"The loyalty from customers and regulars here is amazing once you know how to conserve them. In ten years I haven't even had to spend a single dime on advertising, everything is word-of-mouth here," Wei said.

Rosie's Kitchen (1549 Bayview Ave.) owner Frank Kim says seven years after opening his restaurant the slightly older demographic and popularity of the area with shoppers has been a great combination.

"There's a lot of foot traffic and most of my clients are a bit older. It's a good place for business," Kim said.

At neighbourhood favourite McSorley's Saloon and Grill (1544 Bayview Ave.), co-owner Simon Hanlon prides himself on being a central part of the local community. Since opening in 1991, the bar has regularly sponsored local sports teams, been involved with local fundraisers and was even voted as Toronto's top family restaurant by Toronto Life.

Hanlon feels that what keeps the neighbourhood humming is the same thing that drew him to it in the first place: The charm of a small-town community that hasn't changed too much despite its success.

"It's a great little shopping village with a small-town atmosphere that's safe and nice. The houses are spectacular here and some of the streets are just gorgeous. There are some high end stores that weren't here 19 years ago, but it's also very family oriented with a lot of good schools," Hanlon said.

Don't miss Spaces and Places!

Leaside will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Allergies affect more people now

CELIA MILNE
for Metro Canada

Ever noticed that far more people are allergic than in the past? It seems that every second person in the big city is sneezing and sniffing at this time of year.

Well, it's not your imagination. It's true.

"Allergic disease has increased frequency mainly in the last three decades," says Dr. Guy Delespesse, director of the laboratory for allergy research and a professor at the Hospitalier de L'Université de Montréal.

The statistics show an alarming upward trend for asthma and allergies.

The prevalence of asthma almost doubled from 1980 to 1994, he says.

An astonishing three hundred million people worldwide suffer from asthma, and there are 250,000 deaths every year.

It is estimated that the number of people with asthma will grow by more than 100 million by the year 2025.

It's not just allergic disease that is on the rise, says Delespesse.

"The same thing is happening in immune-mediated diseases in the same period of time."

Immune-mediated diseases are illnesses in which a person's immune system backfires and attacks their own body. Examples are type 1 diabetes, multiple sclerosis and Chrohn's disease.

Doctors have figured out that something in our environment must be causing these sharp rises in disease. If it was strictly a genetic change, it couldn't happen that fast, says Delespesse.

It seems that people were better off when they lived on farms surrounded by animals and good, old fashioned dirt.

"Where allergies and asthma are the worst are where people congregate in large cities. Studies in Europe clearly demonstrate that children born and raised on farms, who have contact with animals, have a much lower incidence of asthma and allergies."

In other words, the cleanliness of modern society may be causing disease. Bacteria in the environment — which move into our guts — seem to be protective against allergies.

ISTOCK

There is evidence that intestinal bacteria, which may protect us against allergies, is different in children who were raised on farms within close proximity to animals and dirt than city dwellers.

"Where allergies and asthma are the worst are where people congregate in large cities."
Dr. Guy Delespesse
director of laboratory for allergy research
Hospitalier de L'Université de Montréal.

"There is evidence," says Delespesse, "that the intestinal bacteria of children who will develop allergy is different from those who won't develop allergies."

Several possible solutions are being studied. One is to give probiotics to children who are at high risk for allergies, as this will boost the numbers of bacteria in their gut.

Another possible theory is that pregnant women need more zinc, magnesium, vitamin D and vitamin E in order to prevent allergies in their children.

Air pollution, especially diesel exhaust, is being studied as another possible culprit. Finally, the stress of living in a big city is thought to be a possible factor.

"This is a societal problem," says Delespesse.

On an individual level, he suggests we continue to clean our homes and take antibiotics when recommended by a doctor, but recognize the overall effect that killing bacteria has on society.

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Allergic to love or just plain allergic?

Anaphylactic shock and the fear of rejection

The J Spot

Josey Vogels

metronews.ca/thejspot

Garth: Wayne, what do you do when, every time you see a really hot girl, you feel like you're going to hurl?

Wayne: I say hurl. If you blow chunks and she comes back, she's yours. But if you spew and she bolts, it was never meant to be.

— Pearls of wisdom from Wayne's World

The above dialogue is from the website tvtropes.org, which devotes an entire section to movies and TV shows that use the notion of being "allergic to love" as a storytelling device.

Like Stan, in the early seasons of South Park, who vomited uncontrollably when his love interest Wendy Testaburger so much as talked to him.

And, while you may not have vomited — or, as Wayne so eloquently put it "hurled chunks" — when you got near someone you did fancy, you've no doubt experienced the sweaty palms, felt an elevated heat rate, or got that feeling that you just may, well, hurl chunks.

Obviously, this kind of reaction doesn't mean you're technically allergic to your love interests; not in the way my husband is to wasps or my mother to shellfish, anyway.

Sure, it may feel like you're going to die if, say, the object of your affection doesn't return the feeling, but a few shots of tequila — not epinephrine — is more likely to cure your ills.

"Maybe you can actually be allergic to another person, possibly even someone you really like. Which would really put a damper on cuddling. As for being allergic to love, well, I definitely know a few people who seem to freak out every time it comes near them."

But what if you were not necessarily allergic to love but to the person you love?

According to Darcy Keenan, an Ottawa-based natural therapist who specializes in allergies (keenanclinic.ca), one can certainly have an allergic reaction to someone else if they've eaten foods you're allergic to or used certain cosmetics or products that cause you to have an allergic reaction

I've also heard of cases of women being allergic to her partner's semen. Something to do with her antibodies not getting along with his antigens and causing a reaction.

Keenan adds that semen is affected by what a man eats and drinks, and thus, well, "You can extrapolate from there," he laughs.

Ted Edwards, an allergy expert I spoke to in the U.S (allergyepert.wordpress.com), said that using a far-too-complicated-to-explain-here allergy clearing process called Cerebrospinal Kinesiology (even the name sounds complicated) he was able to help a young woman get over her allergy to her mother!

So maybe you can actually be allergic to another person, possibly even someone you really like. Which would really put a damper on cuddling.

As for being allergic to love, well, I definitely know a few people who seem to freak out every time it comes near them.

You know the type. Every time a relationship starts to get serious, they find a way to sabotage it.

Though I suspect this is less a love allergy to love than an allergy to getting hurt.

If only they could develop an EpiPen for that.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels

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Connection between allergies and cancer

CELIA MILNE
for Metro Canada

Hives. Sniffing. Sneezing. Itchy tongue. Allergies are a nuisance and can even be life-threatening. But could it be that there's some good news for allergy sufferers?

There's an interesting theory among doctors that allergy may be protective against cancer. What do the medical studies say?

"Literature suggests that those with allergy have a reduced risk of developing cancer versus the general population," writes Dr. Susan Waserman, an allergist in Hamilton.

"Allergy and cancer are on opposite ends of the spectrum ... allergies occur when the immune system is in a hyper-reactive state, while cancer is a type of immunodeficiency."

She wrote Does Allergy Protect Against Cancer? for the Allergy Asthma Information Association of Canada's website.

Here is a possible explanation: Allergy and cancer are on opposite ends of the spectrum in terms of the immune system.

Allergies occur when the immune system is in a hyper-reactive state, while cancer is a type of immunodeficiency, explains Waserman. It's possible that those with hyper active immune systems aren't as susceptible to cancer.

Many more studies are required before we have a definitive answer, she adds.

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Is this an allergy or a cold?

How is an allergic reaction different from a cold or the flu?

Allergic reactions occur when the body's immune system over-reacts to a something it is exposed to. Common allergens include food, insect stings, latex, and medications. According to Health Canada, the top nine priority allergens are peanuts, tree nuts, sesame seeds, milk, eggs, seafood (fish, crustaceans and shellfish), soy, wheat and sulphites (a food additive). But there are plenty more.

Here are the signs of allergies, from Health Canada's website:

- flushed face, hives or a rash, red and itchy skin
- swelling of the eyes, face, lips, throat or tongue
- trouble breathing, speaking or swallowing
- anxiety, distress, faintness, paleness, sense of doom, weakness
- diarrhea, cramps, vomiting
- drop in blood pressure, rapid heart beat, loss of consciousness
- anaphylactic shock

If you are having mild symptoms, you should see your doctor. For severe reactions, go to the nearest Emergency room.

CELIA MILNE/FOR METRO CANADA

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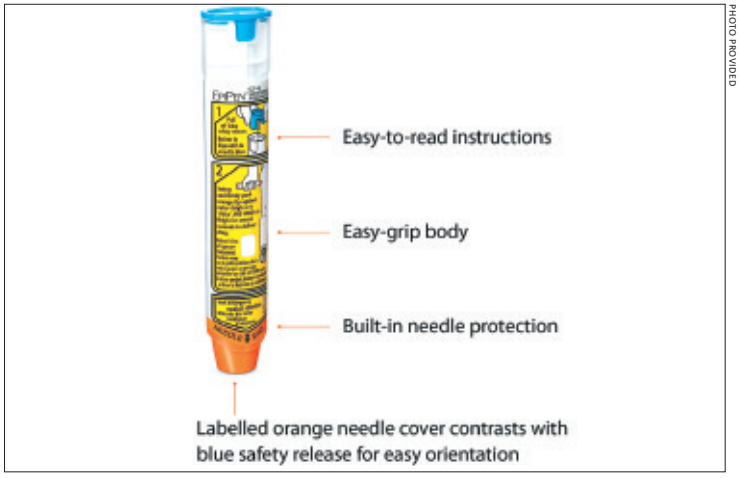

PHOTO PROVIDED

They've upped the safety features on the new EpiPen making it easy for anyone to use efficiently.

New EpiPen makes injecting much easier

DENISE SURETTE
for Metro Canada

For people living with severe allergies, those that can be potentially fatal from anaphylaxis, an EpiPen is a life-saving device.

Now there is a new, more user-friendly EpiPen to ensure anyone in distress will be able to use it quickly to receive that shot of epinephrine to quell the reaction.

One to two per cent of Canadians have an allergy so severe that anaphylaxis will occur when they are exposed to the allergen they are sensitive to. Common symptoms are swelling of the eyes, and throat, lips and tongue, which make breathing extremely difficult. Nuts, shellfish, eggs and insect bites are the most common allergens culprits.

The new EpiPen, which automatically injects epinephrine into your system, performs the same function as the older version but its casing has been improved. There is a built-in needle protector to cut-down on accidental pricks, as well as an easy grip body and clear instructions.

This easy-to-use EpiPen is especially important for children, who in an emergency situation need someone to help them administer the injection or do it themselves under duress.

Richard Mototsune of Toronto knows the stress of dealing with severe allergies as his eight-year-old son Mark has a number of life-threatening allergies. Mark was diagnosed with his first allergy at just nine-months-old.

"He had an anaphylactic reaction," says Mototsune. "After testing they said he needs an EpiPen."

Mark wears his EpiPen at all times on his belt, his parents both carry them, and his school has a few on hand, just in case. In many school offices there are EpiPens available with a picture of the child next to it who has the life-threatening allergy, so that the shot can be administered by staff while an ambulance is being called. The new EpiPen will make it easier for any adult present to use it, even if they aren't familiar with injectors.

Mototsune says his son knows there are certain foods he can't eat, such as green peas, eggs, sesame and peanuts. He says through careful planning and always having his own food, Mark is able to participate in parties and visits with friends.

"He's a pretty easy-going kid," says Mototsune. "If he's not able to eat something he's usually okay."

Although Mark knows how to use the EpiPen on himself (thanks to a training model) Mototsune hopes he will never be in a situation where he has to.

Mayor has proclaimed May 16-22, 2010 Benign Essential Blepharospasm Week

Benign Essential Blepharospasm (BEB) is a disease that causes the eyelids to spasm and close uncontrollably. More than 3,000 Canadians suffer from this debilitating eye disease – which can lead to functional blindness – yet very few people know about it. BEB is not life threatening, but it is life altering. Those afflicted have trouble seeing, reading, walking, driving – in essence, difficulty leading normal lives.

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Top Chef set to release book

Spike Mendelsohn, a break out star of Bravo's Top Chef, will release The Good Stuff Cookbook: Burgers, Fries, Shakes, Wedges and More on May 31. His restaurant in Washington, D.C., has been a resounding success since its opening in 2008. METRO NEWS SERVICES

Food

More Skinny choices

Who says a healthier lifestyle can't be sweet? Just in time for summer, The Skinny Cow introduces two new low cal indulgences: Cookies and Cream Sandwiches bits (140 calories), a vanilla sandwich swirled with chocolaty cookie bits and Caramel & Vanilla Cones (150 calories), vanilla ice cream drizzled with rich caramel sauce in a crunchy chocolaty coated sugar cone. Available at most mass grocery stores across Canada ($7.49/per box of 4 or 5). METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Simple and decadent

Veal Cutlets with Lemon-Garlic Sauce

SERVES 4

INGREDIENTS:

Sauce

- 1 head garlic
- 2/3 cup reduced-sodium chicken broth
- 1/4 cup fresh lemon juice
- 2 tsp cornstarch
- 1/4 tsp salt

Veal

- 4 veal cutlets
- 1/4 tsp salt
- 1 Tbsp Dijon mustard
- 1 lemon, very thinly sliced

METHOD:

1. Preheat oven to 375°F (190°C). Wrap garlic in foil and bake until tender (package will feel soft when pressed), 45 minutes. When cool enough to handle, cut off bulb top, squeeze out garlic pulp into small bowl, and mash until smooth.

2. Preheat broiler. Sprinkle cutlets with 1/4 tsp salt and brush with mustard. Top each cutlet with 3 lemon slices. Broil cutlets 10 cm from heat until cooked through, 2 minutes. Transfer cutlets to platter and cover loosely with foil to keep warm.

3. In small pot, whisk broth and lemon juice into cornstarch. Whisk in 1/4 tsp salt and roasted garlic. Bring to boil over medium heat and boil until sauce is lightly thickened, 1 minute. Spoon sauce over veal on platter.

Veal Cutlets with Lemon-Garlic Sauce are tangy and flavourful.

Per Serving: 160 calories, 4 g total fat, 1 g saturated fat, 8 g carbohydrate, 2 g fibre, 24 g protein

Ambrosia

SERVES 6

INGREDIENTS:

- 3 navel oranges
- 1 small pineapple
- 2 large bananas
- 3/4 cup mini marshmallows
- 1/3 cup sweetened coconut flakes
- Fresh mint sprigs (garnish)

METHOD

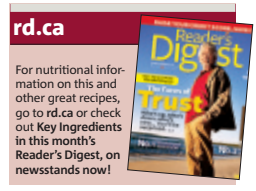
Try Ambrosia for a light, tropical dessert.

1. Cut thin slice off top and bottom each orange. Remove peel and pith with paring knife. Holding orange over large bowl, cut between membranes and lift out sections with knife, letting them fall into bowl with juices.

2. Using long serrated knife, cut top and bottom off pineapple. Stand pineapple up and cut off peel in sections, from top to bottom. Halve pineapple lengthwise. Place one half, cut-side down, on cutting board and slice lengthwise into 3 equal sections. Slice off hard core from each section, then cut sections crosswise into chunks, about 2.5 cm thick. Add to oranges in bowl and toss. Repeat with second half pineapple.

3. Slice bananas 0.5 cm thick and add immediately to fruit and juice in bowl; toss to coat. Gently fold in marshmallows and coconut. Cover with plastic wrap and refrigerate at least 2 hours or overnight to blend flavours. Garnish with mint sprigs.

Per Serving: 160 calories, 2 g total fat, 2 g saturated fat, 38 g carbohydrate, 4 g fibre, 2 g protein



A toast to the return of our favourite stylish foursome

Are you a Glamour Girl, a Park Avenue Princess or perhaps you see yourself more as having Blonde Ambition?

Whatever your preference, Skyy Vodka has developed these fabulous cocktail recipes that will have you toasting the return of your favourite Sex and the City foursome in style.

Glamour Girl

- 2 oz. SKYY Vodka
- 0.5 oz. fresh lemon juice
- 0.5 oz. fresh lime juice
- 0.5 oz. simple syrup or 1 tsp. sugar

METHOD

Rim a martini glass with Crème de cassis and sugar. Combine all ingredients in a cocktail shaker with ice. Shake vigorously and strain into the martini glass. Finish the cocktail with a drop of Crème de cassis on top.

Blonde Ambition

- 1.5 oz. SKYY Vodka
- 1 oz. fresh orange jJuice
- 1/2 oz simple syrup or 1 tsp. sugar
- 1 lemon squeeze
- 5 raspberries

METHOD

Squeeze and drop lemon squeeze into a cocktail shaker. Add raspberries, SKYY Vodka, orange juice and simple syrup/sugar with ice and shake vigorously. Strain into a martini glass. Squeeze lemon disk over drink skin side out to spritz cocktail - then bend and drop into drink. Garnish in addition with a raspberry lightly dusted with powdered sugar on pick.

Park Avenue Princess

- 1.5 oz. SKYY Vodka
- 3 oz. lemon lime soda
- 1 lemon squeeze
- 0.25 oz. red wine

METHOD

Squeeze and drop lemon squeeze into a cocktail shaker with SKYY Vodka and lemon lime soda. Fill cocktail shaker with ice and stir. Strain into a tall Collins glass with fresh ice. Float red wine over top of drink as garnish. Serve with a skinny black straw.

METRO NEWS SERVICE

Blonde Ambition, right, and Park Avenue Princess, far right.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Wheat beers

I don't care what the calendar says: In Canada, summer officially starts on the Victoria Day weekend. And while I have no doubt that a wide variety of libations will be consumed during the thousands of barbecues held across this great country in celebration of her majesty Queen Vicki, even a wine guy like me has to admit that long weekends belong to beer.

Now, while the term beer may cover a whole lot of liquid territory, my feeling is that the true summer brew is made with wheat: Fresh, citrusy and still serving up as much bravado as a classic U.K. ale.

A great wheat beer is cloudy, full-figured and often throws its fare share of unfiltered sediment.

Unless you're German, the classic version is Belgium's **Hoegaarden** (6 x 330 ml, $13.49 - $13.95): An easy-drinking wheaty that's spiced up with an injection of coriander and orange peel. Over in Deutschland the bright, full-flavoured **Erdinger Weissbier** (500 ml, $3.05 - $4.21) sets the standard.

But you don't have to travel far to enjoy a classic. **Rickard's Original White** (12 x 341 ml, $21.95 - $22.49) – brewed right here in Canada — is a tasty interpretation.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Summer eating tips and tricks to stay trim

EATING TIPS Brenda Bot of Salad Creations in Toronto offers these tips and tricks on how your kitchen can help you lose weight:

1. Clear Out The Clutter — Countertops should be restricted to food preparation only, reserve alternative spaces for the storage of supplies and gadgets. Organizing your kitchen will help you make healthier food choices.

2. Store Snacks in Hard To Reach Places — Keep those tempting snacks out of sight; store them at the top shelf of cabinets. Once they are out of sight they will be out of mind. Also, keep second helpings off of the table, when you have to inconvenience yourself.

3. Glass Half Empty or Half Full? — Choose short, wide glasses for healthy beverages you want to drink more of, such as water. Use tall and narrow glasses for higher-calorie beverages such as juice, pop and beer.

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ADVERTISING FEATURE

Canadian Dairy: The Informed Choice

"Canadian milk meets high standards of quality and safety," says Bob Stultz. "But keeping it that way takes a lot of hard work. Farmers, processors, retailers and even consumers have a role to play in making Canadian dairy products safe, fresh, and nutritious."

Bob's in touch with all the players in the Canadian dairy industry. As Director of Market Development and Pro-active Media Group with Dairy Farmers of Canada (DFC), it's his job to listen to those who produce dairy products, those who sell them, and those who consume them. Their biggest concern? Helping consumers make informed decisions.

"Consumers want dairy products they can trust," Bob explains. "They want to know where the products come from; what's in them. They know milk is healthy—not like a soft drink that has to be promoted on what it doesn't contain. Yet every day people are bombarded with food claims, some of them untrue. DFC addresses these claims and communicates the facts about Canadian dairy products to everybody."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

That's where the 'pro-active' part of Bob's job begins. When the dairy industry has a story to tell, Bob's team tells it—through media, through live events, and through seminars and school visitations. Where misunderstandings exist, he seeks to correct them. "'Border confusion' is a great example," says Bob. "Canadians hear about growth hormones being permitted in dairy products down south and assume the same is true up here. So we explain that artificial growth hormones (such as RBST) are not legal for sale in Canada—our industry doesn't allow it."

One of Bob's best communication tools is the 100% Canadian Milk symbol, now a fixture on many Canadian dairy products across the country, assuring consumers that the milk used in their dairy products is produced here, in Canada, according to the highest standards. "The symbol gives consumers what they want: information," Bob says.

"And nothing's better for the Canadian Dairy industry than an informed consumer, because the more you learn about our products, the more you like them. Truly, we're all in this together."

100% CANADIAN MILK

Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

asourceofpride.ca

Flood relief

Music conquers all in Nashville — and it came to the rescue of flood victims Sunday during a telethon that raised more than $1.7 million for relief in the region. Brad Paisley, Keith Urban, Sheryl Crow and Martina McBride were among the artists who took part. **PEOPLE.COM**

Entertainment

Music man

Robert Pattinson wants to play a sex and drug obsessed record label A&R man in a new movie. He has his sights set on playing Steven Stelfox in an adaptation of the novel Kill Your Friends. **FEMALEFIRST.CO.UK**

EDITOR: DEAN.LISK@METRONEWS.CA

Bjork

Morricone, Bjork share Polar prize

MUSIC Italian composer Ennio Morricone and Icelandic singer Bjork have won the 2010 Polar Music Prize.

They will be invited to accept the award, which includes about $130,000 each in prize money, at a ceremony in Stockholm later this year.

The Polar Music Prize is Sweden's biggest music award and is typically shared by a pop artist and a classical musician. It was founded by Stig Anderson, manager of Swedish pop group ABBA, in 1989.

Bjork sang in various Icelandic bands in the 1980s and rose to international fame with her solo album Debut in 1993. Morricone, 71, has composed more than 400 film scores.

THE ASSOCIATED PRESS

Crash Test Dummies return

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

Brad Roberts has revived the Crash Test Dummies. The band's new album Oooh La La is now out.

It's been 17 years since the Crash Test Dummies released the multi-platinum selling album God Shuffled His Feet, but it's hard to forget that this Winnipeg band was — in the midst of grunge — one of Canada's most successful acts.

For a lot of people, Brad Roberts' deep baritone voice and sweet, folk pop melodies were the perfect antithesis to the constant barrage of flannel and angst-filed distorted rock.

But, while the band wasn't exactly a one hit wonder — Superman's Song, Mmm Mmmm Mmm Mmm and XTC cover The Ballad of Peter Pumpkinhead were all popular — it shouldn't have come as a surprise that the stronger grunge became, the weaker the Crash Test Dummies' future looked. It didn't take long before the masses lost interest; the band officially faded out in 2004.

Roberts could have left it there, but this year he revived the Dummies name, teamed up with original member Ellen Reid and, last week, released Oooh La La, the group's ninth record.

It's an unexpected return — there weren't many people clamouring for a Dummies reunion — and even Roberts was surprised.

"I started writing, with (producer) Stewart Lerman for fun. Purely for the sake of making music," he says on the phone from New York. "It sounded so good to me that how could I not promote this record?"

While he's excited to get back on stage, he admits that he enjoyed not playing music. Being recognized on the street had gotten to him a long time ago and he could do without record label pressures and not making any money, the real reason why he wound down the band.

"In 2004 I realized I couldn't continue making records because I wasn't making any money," he says. "I couldn't afford to p— away money on vanity projects."

Those were tough times, but these days he's a little wiser. He's stripped the group down to three members, they are playing intimate acoustic shows, and the band is only touring 10 days at a time.

It's too early to tell how the reformed band will be received, his new album is interesting. He wrote most of it using an optigan — a keyboard from Mattel that plays a bunch of pre-recorded, full-band sounds. Roberts basically recreated the sounds, with a live band, that the instrument played and then added vocals and other musical flourishes on top.

It's easy to tell that this is a record made by someone who doesn't care about sales anymore; it's relaxed and fun. But it probably won't make Roberts rich again. And, perhaps the most impressive part about this comeback is that he's ready to deal with success or failure this time around.

"If I don't make money I will retire again," he says. "If I do make money I'll release another record."

"I realized I couldn't continue making records because I wasn't making any money." Brad Roberts

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

DVD picks

Invictus

Director: Clint Eastwood

TITLED FOR THE Latin word for invincible, Clint Eastwood's latest movie stars Morgan Freeman as Nelson Mandela, and you couldn't imagine a more unbeatable confluence than that. Freeman captures the South African icon's deliberate manner and cadence, and seems imbued with the same inner fire.

Matt Damon co-stars as François Pienaar, the captain of South Africa's national rugby team in the 1995 World Cup, a momentous series that came to be about far more than sport. Damon's performance is also impeccable, and he seems to have nailed the South African accent.

But for once, Eastwood's famous restraint hasn't entirely served him well. Invictus is a movie about emotions made by a man who distrusts naked displays of emotion.

After a brief prologue set in 1990, marking Mandela's release from jail after 27 years of imprisonment by the racist apartheid regime, it jumps to the difficult days following his 1994 election as South Africa's president.

Racial tensions come to the fore over the Springboks, the national rugby team long associated with apartheid-supporting Afrikaners. The black majority vote to change the Springboks' name, logo and colours, but Mandela argues that it's time for forgiveness and reconciliation, not for provocation and rehashing of old feuds.

At great risk to his personal capital, he extends the hand of friendship to Pienaar and the Springboks, vowing his support in their efforts to gain a berth in the 1995 Rugby World Cup.

Eastwood devotes most of the film to showing Mandela preparing for an epic battle that is depicted with almost indecent haste and far less passion than you'd expect.

These shortcomings don't defeat Invictus. If another director's name were on the film, there might be a temptation to rate it higher. But Eastwood set a very high standard with Mystic River, Letters From Iwo Jima and Million Dollar Baby, and this one isn't quite at that level. There are worse things in life than having to live up to your own brilliance.

Extras include several featurettes, mostly on the Blu-ray disc, with special attention to Matt Damon Plays Rugby, which about turning a Hollywood star into a rugby player.

The Messenger

Director: Oren Moverman

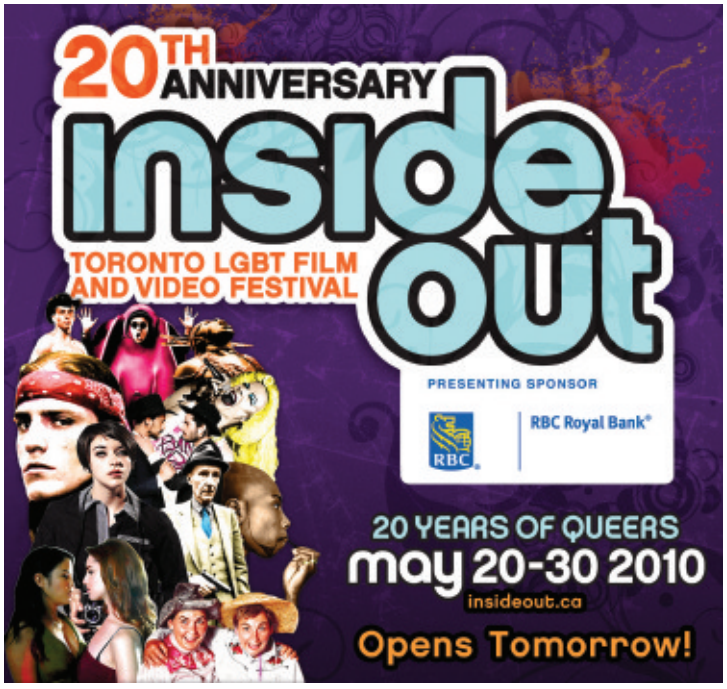
THE MESSENGER is a masterful drama about the bringing of bad news and the toll it takes on both bearer and receiver. The film is premised on the verbal communication of urgent information, yet its many non-verbal moments provide the greatest strength and clarity.

It follows members of the U.S. Army's Casualty Notification Office, whose grim task is to immediately notify next-of-kin of battlefield casualties in Iraq, before the news media and Internet can broadcast the bad news.

Few volunteer for the assignment, especially not walking wounded like Staff Sgt. Will Montgomery (Ben Foster), who recently returned from Iraq carrying baggage both physical and emotional. He soon breaches protocol, by befriending a soldier's widow (Samantha Morton), the mother of young son.

Montgomery is paired with Capt. Tony Stone (Woody Harrelson), a veteran of the notification office who long ago learned to separate his job from his life — although the alcoholism problem he's fighting suggests otherwise.

Peter Howell/for Metro Canada



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Skywalker crosses over to the director's side

Mark Hamill, who played Luke Skywalker in the original three Star Wars films, said yesterday he plans to direct Black Pearl, a low-budget thriller adapted from his comic book about a mentally troubled masked vigilante. THE ASSOCIATED PRESS

Munsch pens note on drugs

In a message to parents on his website, beloved children's author Robert Munsch says he's been diagnosed as obsessive-compulsive and manic-depressive, adding that those challenges have led him to make some "big mistakes."

Robert Munsch

In an interview with Global Television that aired over the weekend, Munsch admitted he's a recovering cocaine addict and alcoholic, saying he has been clean for about four months. In the note to parents, Munsch, 64, said his mental health and addiction problems are no secret to his friends and family.

"They have been a big support to me over the years, and I would not have been able to do this without their love and understanding."

THE ASSOCIATED PRESS

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Looks like Marilyn, smells like Paris
Paris Hilton has marked the milestone release of her tenth fragrance and will celebrate by dressing up as screen icon Marilyn Monroe for a new advertising campaign to accompany the launch this summer. FEMALEFIRST.CO.UK

Myers' own fairy tale

Actor may be in far, far away U.S. but his heart's in Canada

NED EHRBAR
Metro World News

Mike Myers still remembers the phone call he got from DreamWorks head Jeffrey Katzenberg more than a decade ago about taking part in a new animated film.

"Jeffrey said, 'Would you like to be in an animated movie?' I said yes, and he said it's called Shrek. I said, 'That's the worst title I've ever head in my entire life,'" the Toronto-raised actor remembers.

"I didn't know what it was going to be, and then the first time I saw it with an audience, I was just blown away that an animated movie could move people and that it was something people would be invested in emotionally. And I think that's been the most satisfying thing."

Much like the swamp-dwelling ogre he's had such success portraying over four films, Myers often just wants to be left alone. "I like my privacy. With something like this, I love being a part of this," he says, referring to his current publicity tour for Shrek Forever After. "And when I'm not doing stuff, I like to go away. I enjoy being a person a great deal."

Of course, his swamp is actually New York City, a home he's incredibly grateful for. "I love New York City. I love getting to live there. I love everything about it. Am in love with New York City," he says. He also loves the career he's been able to have, spanning a career-making run on Saturday Night Live and several successful film franchises.

"When I was a kid in Toronto, you have your nose against the window looking south to show business — Showbiznia, the United States," he says. "And I kind of feel like every day that I get to do what I do definitely is kind of a dream day. So it's kind of an amazing thing."

If there's one thing that's helped Myers keep his wits about him over the course of his career, it's his national heritage.

"It's hard to be super full of yourself in Canada," he says. "If there was a motto of Canada, it would be 'Who do you think you are, eh?' It's very good training to just be a person, growing up in Canada."

Lovable ogre Shrek and his pal Donkey are back in business.

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Colbert gets the snub

While fans are usually fighting to give Stephen Colbert a key to their city, the city of Colbert, Ga., will not invite the comedian to its July 4th parade. "His satire is probably something that we didn't feel suited our small-town atmosphere," Colbert mayor Chris Peck said. **POPEATER.COM**

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Glee gets big push from Fox

Network aims to re-shape Idol, focus more on comedy next season

Fox is changing the American Idol format after it sagged in the ratings, giving a supersized push to Glee and focusing on comedy heading into the next television season.

The network released its schedule yesterday. Its executives conceded the biggest new drama, a Stephen Spielberg adventure series, might not even be ready for next season.

Fox is the second of the broadcast networks to release its upcoming schedule. Despite Idol dropping an estimated nine per cent in young viewership this season, the network minted a new hit in Glee and will be the first network to win the season six years in a row among the 18-to-49-year-old demographic it seeks.

Fox still hasn't answered its most compelling mystery for next season: Who will replace Simon Cowell when he leaves American Idol this month?

In response to viewer requests for more performances, Fox will increase the Tuesday night competition show from an hour to 90 minutes. The Wednesday results show will be chopped in half to 30 minutes, Fox executives said.

Despite the ratings slide, American Idol continues as the most popular TV show in the United States.

Fox is giving extra attention to Glee in its second season, even though fans will get a scheduling challenge. A special episode of the show will get the prime post-Super Bowl time slot next season.

The show will air Tuesdays at 8 p.m. in the fall, ahead of two new comedies. After the Super Bowl, it will switch to Wednesdays at 9 p.m., following the American Idol results show.

The first new Tuesday comedy is Raising Hope, about a 23-year pool cleaner who suddenly has to raise his baby. Sitcom veteran Cloris Leachman appears in the character's family.

Running Wilde has star power, with Will Arnett portraying a playboy trying to woo his high school sweetheart, played by Keri Russell.

Spielberg's Terra Nova hasn't been scheduled yet.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE PHOTO

Glee, this year's breakout comedy, will get the post-Super Bowl time slot next season.

	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/18/10 primetime	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		The Jury (Part 2 of 6)		100 Greatest Discoveries		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Patriot Down" (N)		Glee "Dream On" (N)		The Good Wife (N)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	NHL Hockey Playoffs: Teams TBA. (HDTV) (Live)						CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		The Biggest Loser Final four contestants run a marathon.				Parenthood (HDTV) (N)		News
	212	313	8	CTV	etalk	Access H.	American Idol		Lost (HDTV) (N)		Law & Order: SVU		CTV News
	218	345	11	CHCH	*Samurai Cowboy* ★★ (1994, Western) Hiromi Go.				*Blood Simple* ★★★ (1984, Crime Drama) John Getz.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Old Christine	The Insider (N)	Last Bride	Positive Living	Forensic Factor		The Insider	Dream Car	Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Patriot Down" (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser Final four contestants run a marathon.				Parenthood (HDTV) (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars		Lost (HDTV) (N)		(10:02) V "Red Sky"		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Dancing With the Stars		The Middle (N)	Old Christine	(10:02) V "Red Sky"		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol		Glee "Dream On" (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	Nova (DVS)		Frontline "The Wounded Platoon" (DVS)			Mystery-Mem	Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 "Confessions" (N)		Life Unexpected (HDTV)		PIX News at Ten (N)		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (N)		Coca-Cola: The Real Story		Big Mac: Inside McDonald's		One Nation, Overweight (N)		Mad Money
sports	405	417	22	net	Week-Baseball	Sportsnet Con.	Hockey 2010 Memorial Cup: OHL Champion vs. QMJHL Champion. (HDTV) (Live)						Sportsnet Con.
	400	400	30	TSN	That's Hockey	Interruption	Draft Lottery	NBA Basketball Eastern Conference Final, Game 1: Teams TBA. (HDTV) (Live)					SportsCentre
	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	81	SC	NASCAR Race Hub (HDTV) (N)		NASCAR Hall of Fame Biogra		Race in 60 (N)		NASCAR Hall of Fame Biogra		NASCAR Hall
family	551	542	25	YTV	That's-Weird	Family Biz	Malcolm	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Style by Jury	Beauty Call	Beauty Call	Style by Jury	*Held Hostage* (2009, Suspense) Julie Benz.		
	570	580	29	MM	Gossip Girl (N)		Styl'd		When I Was 17	When I Was 17	Video on Trial	Video on Trial	UR11
	615	520	31	A&E	The First 48 (HDTV)		Criminal Minds "Doubt"		Criminal Minds (HDTV)		Criminal Minds "Identity"		CSI: Miami
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Italian Gardens	George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	The O.C.
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	616	521	39	SHO	Relic Hunter		*Behind the Wall* (2008, Suspense) Lindy Booth.				Californication	Secret Diary	NCIS
	620	523	40	BVO	Chantal Kreviazuk Live		Romantic Portrait Yundi Li		Altered by Elvis		Spectacle: Elvis		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Aftermath (HDTV)		Cities of the Underworld		Pawn Stars	Pawn Stars	Nostradamus Effect		Storm Planets
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Outdoor Room w/ Jamie Durie		Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	MLB Baseball New York Mets at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Seinfeld	Seinfeld	Law & Order
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Who's Your Caddy?* ★ (2007, Comedy), Jeffrey Jones				Tiny & Toya	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium "Dead Meat" (N)		Fringe (N)		InnerSpace (N)
	581	566	52	MTV	The Hills	After	Cribs	Teen Cribs	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	The Celebrity Apprentice The two finalist are determined.				Dog Whisperer		End of Leash	Last 10	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible (N)		Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant
	261	394	60	V	Murder, She Wrote		May-December	When I Laugh	SOUL "My Way" (DVS)		Unscripted (N)	Crazy for Love	Doc
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case		Missing "Delusional"		Medium		Cold Case		Psychic Inv.
	300	601	301	M1	*Gangster Ex*	(7:25) *Journey to the Center of the Earth*			*Terminator Salvation* ★★ (2009, Science Fiction)				*Haunting-Molly*
	305	612	306	PIX	*Rio Bravo*	*Nothing* ★ (2003, Comedy) David Hewlett.			*13 Going on 30* (2004, Romance-Comedy)			(10:45) *Owning Mahowny*	
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	*Fantasy Island* (1977)		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Scoring With the Stars		FashionTele	RAW	FT Found Footage		America's Next Top Model		Top Model

critics' corner

The Good Wife

Eli works on getting Peter's charges dropped, while Alicia finds herself once again defending one of her least favorite clients: accused wife killer Colin Sweeney (guest star Dylan Baker), who claims self-defense when she finds him handcuffed to a dead woman in the new episode "Hybristophilia." 10 PM on GTV CBS

The Biggest Loser

Contestants and winners from past seasons, as well as family members, cheer on the final four as they run a marathon. One contestant receives a visit from chef Curtis Stone. A last weigh-in determines who the final two contenders will be, with viewers voting on a third finalist. 8 PM on NBC CITY

V

Val's water breaks, marking the imminent arrival of her baby with Ryan. Erica and Tyler are invited up to the Mothership for a dinner. Chad makes the devastating discovery that Anna has been using him in the season finale, "Red Sky." 10:02 PM on ABC ACH-B

NBC begins its Fall TV season push

SCHEDULE NBC will give viewers a turn-the-page schedule next fall that attempts to erase the memory of this season's failed Jay Leno experiment and another fourth-place finish by presenting new scripted programming each weeknight at 10 p.m.

That 10 p.m. schedule has four new programs and one, Parenthood, that has only been on the air for a few months.

They include a Jerry Bruckheimer drama about catching criminals on the lam, another Law & Order spinoff, an unconventional hour-long comedy and a series where Jimmy Smits plays a U.S. Supreme Court justice who quits to return to private practice. NBC said Heroes, a cult favourite for a while on Monday nights that faded badly, was cancelled. The network had already said it was ending Law & Order after 20 years on its schedule.

THE ASSOCIATED PRESS

Network

- The network's announcement, kicks off a busy week when fall television schedules are outlined.

McCarthy spotted with another man

Jenny McCarthy is officially on the rebound after her April split from Jim Carrey. Over the weekend, she was photographed twice out and about in L.A. with an unidentified, blonde male companion, usmagazine.com reports. METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

COURTNEY LOVE is reaching out to Lindsay Lohan, **JIM CARREY** is doubting his abilities and **JUSTIN BIEBER** knows how to party.

@CourtneyLoveUK
@lindsaylohan i have this urge to help you today im sorry you left the hotel i think i know what to do for you, had it for a few days

@JimCarrey
Spent 10min trying 2 spell 'exercise' 2day. Sometimes a word you know how 2 spell suddenly just doesn't look right, even on spell check.

@justinbieber
got to go to Sea World yesterday and see. Shamu made me believe and i got to make out with some Beluga Whales. good times

METRO NEWS SERVICES

Two years later family misses Ledger

SO DO HIS MANY FANS AROUND THE WORLD He's been gone for more than two years, but Heath Ledger's family continues to make sure his memory is here to stay, people.com reports.

"He is alive in my heart and in my head. Every day I talk to him," Ledger's sister, Kate told People last week at the sixth annual Australians in Film Breakthrough Awards. Kate and Ledger's mother, Sally Bell, were on hand to watch Colin Farrell present up-and-coming actress Bella Heathcote with the Heath Ledger Scholarship.

"It is very special," Kate said. "It's honouring our boy so we couldn't be prouder and we think it is an amazing scholarship that is going to give so many opportunities." His mother added, "He had a huge passion for acting. That was the most important thing for him. It wasn't about the money. He had such a passion that just showed through regardless of how big the role was."

Ledger's family said it comforts them to know he will be forever immortalized in films, but Kate admitted that "we haven't been able to watch any."

"We find that too difficult," the late Oscar winner's mother added.

METRO WORLD NEWS

Olsen's plane makes an emergency landing

AND SURPRISINGLY SHE IS NOT TO BLAME, WE HOPE AT LEAST Ashley Olsen's plane was forced to make an emergency landing on Sunday, femalefirst.co.uk reports.

The 23-year-old actress-and-designer was travelling from New York to Los Angeles with her boyfriend, The Hangover actor Justin Bartha, when an electrical fire sparked in the cockpit, forcing the pilot to land the aircraft in Virginia.

Publicist Phil Lobel — who was a passenger on the plane — told ET Online the incident was a "harrowing experience" as the fire had caused the windscreen to crack, which "obscured the pilot's ability to conduct a visual landing."

Emergency crews met the plane on the runway, where they stabilized the situation before leading the passengers and crew to safety.

METRO WORLD NEWS

Conan likes new 'hood

AT LEAST TBS IS PUTTING OUT A WELCOME MAT... UNLIKE HIS LAST EMPLOYER His competition is Jay Leno and David Letterman. His roommates will be George Lopez and Ellen DeGeneres.

Conan O'Brien will film his upcoming late-night TBS talk show at the historic Stage 15 on the Warner Bros. lot in Burbank, according to the Hollywood Reporter. That's the same lot that's already home to Lopez and DeGeneres's daily shows, femalefirst.co.uk reports.

"I can't wait to interview the cast of Jersey Shore on the same lot where they filmed Casablanca," O'Brien says.

O'Brien, 47, left NBC's The Tonight Show in a shakeup in January. His hour-long, yet-to-be-titled TBS show premieres in November and will air at 11 p.m ET Mondays through Thursdays. Lopez, also on TBS, is being bumped to midnight ET.

METRO NEWS SERVICES

No marriage plans for Seyfried

SHE NEEDS TO TRACK DOWN HER THREE POTENTIAL FATHERS FIRST Amanda Seyfried is perfectly happy with boyfriend Dominic Cooper, but that doesn't mean she's planning on making things official anytime soon.

"A lot of people ask me, 'Is Dominic the one?' I don't know, and I'm fine with that," she tells Teen Vogue. "Too much planning can lead to heartbreak. Love is great and possible always, but it's very rare to have the feeling that 'I want to be with this person forever.'"

METRO WORLD NEWS

Suri the fashion guru

AND GIVING HER EVERYTHING SHE WANTS ISN'T GOING TO CAUSE PROBLEMS LATER ON. Despite wild reports of high-priced wardrobe items — including $850 Ferragamo bags and $635 dresses — Tom Cruise says four-year-old Suri Cruise gets whatever she wants when it comes to fashion.

"Whatever she wants to wear, she wears it," he tells Oprah Winfrey about his daughter with Katie Holmes. "I'm not going to tell her different." Besides, he admits, Suri knows what she's doing. "She's got great taste, too," he says. "She tells me what to wear."

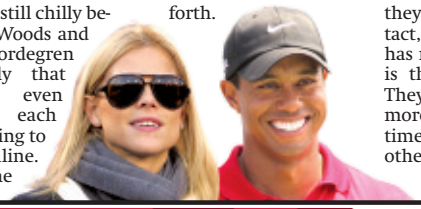
METRO WORLD NEWS

Elin not speaking to Tiger

JUST GET DIVORCED ALREADY. WHAT ARE YOU WAITING FOR? Relations are still chilly between Tiger Woods and wife Elin Nordegren — so chilly that they're not even speaking to each other, according to Radar Online. "Elin has the nannies take the children back and forth.

They've had no conflict over the children but they've also had no contact," a source says. "Elin has made it very clear this is the way she wants it. They just don't speak anymore, even during the rare times when they see each other in person."

METRO WORLD NEWS



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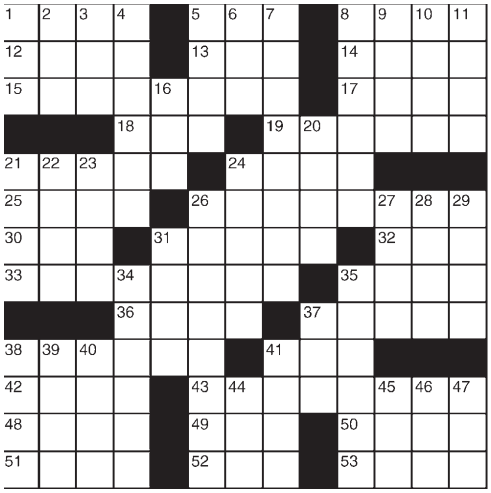


ACROSS

1 Relinquish
5 The D in DJIA
8 Faction
12 Credit card name, for short
13 "... rose — rose"
14 Operatic solo
15 Richly sweet
17 Victory's opposite
18 Charged bit
19 Hypnotic state
21 Treaties
24 Strait-laced
25 Capri, e.g.
26 2010 Oscar-winning film
30 Greek cross
31 Working-class member
32 Expert
33 Plausible but untrue
35 Burn somewhat
36 On a pension (Abbr.)
37 Move laterally
38 Read
41 Encountered
42 Astringent
43 Kind and courteous
48 Arm or leg
49 One part of ENT ...
50 ... and another
51 Church service
52 Agt.
53 "Pygmalion" playwright

DOWN

1 Ore. neighbor
2 Ostrich's kin
3 — Moines
4 Stir up
5 "My Heart Will Go On" singer
6 Buckeyes' sch.
7 Strangers to frugality
8 Deli sausage
9 Press
10 Platter
11 Relaxation
16 One of the Cyclades
20 Wedding shower?
21 Quarries
22 Promptly, on a memo
23 Professor Plum's game
24 Exultant
26 Mentors' charges
27 Newspaper page
28 Caspian Sea feeder
29 Aching
31 Slapstick arsenal
34 Hansel and Gretel's trail
35 Peaceful protests
37 Moment
38 Coconut provider
39 Director Kazan
40 Piratic potables
41 "There's Something About —"
44 Knock
45 La-la lead-in
46 Patriotic chant
47 Stitch

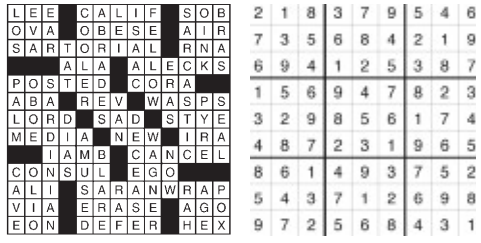
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6						7	
	9	1			2		4	5
5				6		9		1
		3		4		8	6	
		2		3		1	8	
8				1		3		2
	3	4			7		5	9
	2						1	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	1	8	3	7	9	5	4	6
7	3	5	6	8	4	2	1	9
6	9	4	1	2	5	3	8	7
1	5	6	9	4	7	8	2	3
3	2	9	8	5	6	1	7	4
4	8	7	2	3	1	9	6	5
8	6	1	4	9	3	7	5	2
5	4	3	7	1	2	6	9	8
9	7	2	5	6	8	4	3	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Shrimp with Dill Dressing

INGREDIENTS:

1 cup mixed basmati and wild rice, rinsed
Zest and juice of 1 lime
2 tbsp canola oil, divided
2 tsp sesame oil
1 tbsp soy sauce
250 g broccoli florets
250 g snow peas, halved
500 g large peeled and de-veined shrimp
1 yellow pepper, seeded and sliced
3 scallions, sliced
4 tbsp chopped fresh dill
Salt and pepper

METHOD:

1. Cook rice with lime zest according to package instructions. Drain and add to wide salad bowl. Discard zest.

2. Whisk 1 tbsp lime juice, 1 tbsp canola oil, sesame oil, soy sauce, salt and pepper in small bowl. Drizzle dressing over rice and stir to mix. Spread out rice in bowl and leave to cool.

3. Steam broccoli over pot of boiling water 4 minutes. Add snow peas and steam 2 minutes. Drain vegetables and refresh under cold running water.

4. Heat remaining canola oil in skillet. Add shrimp; cook over high heat until cooked through, 1–2 minutes per side. Remove from heat and sprinkle with remaining lime juice.

5. Add pepper, scallions and dill to rice; stir gently. Pile shrimp on top and serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Don't be too generous with your time and your money. An easy come, easy go attitude may be fun today but it won't be tomorrow if you end up poor.

TAURUS
APRIL 21-MAY 21
You seem to be going through a period of upheaval at the moment but you know that in the long-term it's for the best. Keep things simple.

GEMINI
MAY 22-JUNE 21
You appear to be a bit confused. You appear to have lost your way. Maybe it's because you have tried to be too logical in your thinking in recent weeks.

CANCER
JUNE 22-JULY 22
With the Sun and Jupiter working in your favor today you should find it easy to come to terms with difficult situations. Look for on the bigger picture.

LEO
JULY 23-AUG 23
Someone you have depended on many times in the past may not be there for you today and most likely you'll panic. It's for the best, for both of you.

VIRGO
AUG 24-SEPT 22
Something will happen over the next 24 hours that helps you understand some of the apparently senseless things that have occurred in recent weeks.

LIBRA
SEPT 23-OCT 23
You will have to admit that some kind of dream is not going to come true. Perhaps you were aiming too high. It's time to move on.

SCORPIO
OCT 24-NOV 22
You have begun to see certain people in a new light, and so many of the things you argued about in recent weeks no longer seem to matter.

SAGITTARIUS
NOV 23-DEC 21
You need to be more adaptable today. You also need to realize that there are certain things that not even you can do on their own. Get assistance.

CAPRICORN
DEC 22-JAN 20
You may be ultra competitive but ask yourself: does it really matter that much who wins? You are taking some things far too seriously. Enjoy life.

AQUARIUS
JAN 21-FEB 18
Simplify your routine and cut back on non-essentials. You need to manage your affairs in a more organized way.

PISCES
FEB 19-MARCH 20
The truth is rarely straightforward. What people say and what people mean are often two different things.

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LT Platinum Edition model shown††

LT model with Team Canada Edition Package shown††

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HWY: 5.4 L/100 km – 52 mpg
CITY: 8.0 L/100 km – 35 mpg‡

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HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING‡

HWY: 5.7 L/100 km – 50 mpg
CITY: 7.5 L/100 km – 38 mpg‡

LS Sport with OnStar shown††

2010 CHEVROLET IMPALA LS

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GM

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Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. ♦/‡Freight & PDI ($1,350/$1,450/$1,450/$1,360), registration, air and fire levies and OMVIC fees are included. Insurance, licence, PPSA, dealer fees and applicable taxes are not included. Offers apply as indicated to the purchase or finance of 2010 new or demonstrator models of the vehicle equipped as described. Offers subject to qualified retail customers in the Ontario Chevrolet Dealer Advertising Association area, only (excluding Quebec). Dealer may sell or lease for less. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. †Factory order or dealer trade may be required. Offer may be changed or withdrawn at any time without notice. ††Vehicle shown may have optional equipment. ‡‡Based on 2010 Chevrolet Malibu LS with 2.4L engine and 4-speed automatic transmission. Actual fuel consumption may vary. ‡‡‡Based on 2010 Chevrolet Cobalt LT with 2.2L engine and 5-speed manual transmission. Actual fuel consumption may vary. ‡‡‡‡Based on 2010 Chevrolet Aveo 5-door LS with 1.6L engine and 5-speed manual transmission. Actual fuel consumption may vary. ‡UVS government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 Chevrolet Malibu received both a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for front and rear seat occupants in the Side-impact Crash Test. Side-impact Crash Test rating is for models tested with standard head-curtain side-impact air bags. 2010 Chevrolet Aveo 5-door received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. †† Chevrolet Malibu LT Platinum Edition, MSRP with freight, PDI & fees, $29,254. Chevrolet Cobalt LT Team Canada Edition, MSRP with freight, PDI & fees, $29,254. Chevrolet Cobalt LT Team Canada Edition Package shown with optional 18" aluminum wheels, $1,000. Chevrolet Aveo 5-door LS Sport with UF1, MSRP with freight, PDI & fees, $21,119. Chevrolet Aveo 5-door LS Sport with UF1, MSRP with freight, PDI & fees, $21,119. Chevrolet Aveo 5-door LS Sport with OnStar shown with optional 16" aluminum wheels, $1,000. ◊◊Loyalty Bonus available only to customers who currently own a GM vehicle and are not eligible for the $1,500 Bonus. To be eligible for a GM Owner Loyalty Bonus, customers GM vehicle must be registered and insured (in Canada) in their name for the previous consecutive six months. $1,000/$1,500 Bonus may be applied towards the purchase/finance/lease of an eligible new 2009/2010/2011 Model Year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between 03/08/10–06/30/10. 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